



## Addictions Ontario Award Winner

Dr. Meldon Kahan was honoured with the 2008 President's Shield award by Addictions Ontario in recognition of his outstanding contributions. Dr. Kahan is a champion in the addictions field in Ontario, an Associate Professor with the Department of Family and Community Medicine at the University of Toronto, and he is the Medical Director of the

Addictions Medicine Service at St. Joseph's Health Centre's Mental Health and Addictions Program. He is a key contributor to the PRIMA Project (Pregnancy-Related Issues in Management of Addictions), advancing research, resources and training around problematic substance use in pregnancy.

## Grants Awarded for FASD Research

On September 9, 2008 the Canadian Foundation on Fetal Alcohol Research (CFFAR) awarded its first annual round of grants for research, prevention and treatment of FASD. CFFAR is a foundation created to promote interest and fund research related to FASD. It is funded by Brewers Association of Canada. The 2008 grant recipients are:

- Dr. Joanne Weinberg & Dr. L. Galea, University of BC, for research on the interaction between prenatal alcohol exposure and stress.

- Dr. Joanne Rovet & Dr. Erin Sheard, University of Toronto, Hospital for Sick Children, for research on memory in children with FASD.
- Joey Gareri & Janine Hutson, University of Toronto, for research on prenatal alcohol exposure and meconium, the stool of newborns.

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

### CFFAR grant winners.

Left to right: Joey Gareri, Dr. Joanne Weinberg, Dr. Joanne Rovet and Dr. Erin Sheard



## 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](http://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

## INSIDE THIS ISSUE:

<i>Provincial Awareness Campaign</i>	<i>. . . 2</i>
<i>Justice and Diagnosis Activities</i>	<i>. . . 3</i>
<i>Ontario FASDay Activities</i>	<i>. . . . . 4-5</i>
<i>Horse Program for FASD</i>	<i>. . . . . 6</i>
<i>Running an FASD Coalition</i>	<i>. . . . . 7</i>
<i>FASD Resources and Training</i>	<i>. . . . . 8</i>

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## HIGHLIGHTS FROM THE FACE RESEARCH ROUNDTABLE

Fetal Alcohol Canadian Expertise (FACE) Research Roundtable met on September 9, 2008 to share a broad range of FASD research. FACE represents a growing network of 200 researchers and others who are actively engaged in finding ways to prevent FASD. The event was attended by researchers, front-line workers, parents, and policy makers from Canada and around the world. It was sponsored by the Public Health Agency of Canada and the Brewers Association of Canada. Webcast: [www.motherisk.org/FAR](http://www.motherisk.org/FAR)

Research presented at FACE included findings that heavy drinking metabolizes methanol (which is present in most alcoholic beverages) to produce formic acid which can kill brain cells. Drinking during pregnancy exposes the unborn child to potential brain damage.

The same researchers also found that folic acid may help prevent the cell death caused by formic acid and may be a future option to assist in prevention of FASD. Poster presentations included a study that found that many low-alcohol or non-alcoholic beverages contained ethanol levels that were higher than claimed by their labels. FACE podium and poster presenters also described new tools for identifying children with FASD, early opportunities for successful intervention, and award-winning programs for women and children-at-risk that are ready for implementation in communities throughout Canada. Dr. Erin Sheard, a psychology trainee at SickKids, won the Best Student Poster award for her poster entitled, Neuroanatomy of cognitive dysfunction in FASD.

## IT'S NEVER TOO LATE

Many pregnancies are unexpected, and women may have serious concerns about alcohol they drank before they knew they were pregnant. They often want to know about the risks to their baby and what they should do now. The Ontario May 2008 awareness campaign was designed specifically for women who drank alcohol before they knew they were pregnant. The campaign shared information about the often confusing issue of safe levels of alcohol use in pregnancy, and where women can get helpful information. It was planned by the Prevention Working Group of FASD Stakeholders for Ontario, with funding from the Public Health Agency of Canada, Ontario Region.

The campaign included the following strategies:

- **Mall Ads** – 25 mall ads were placed in malls across Ontario
- **Transit Ads** – 2,395 transit ads were posted in bus, street cars and subway cars
- **Electronic Materials** – Mall ads, transit ads, posters, displays, tear-off pads, static clings, bookmarks and camera ready ads
- **Print Materials** – Posters, tear off pads, bookmarks and static clings are available at cost through the Best Start Resource Centre Online Order Form
- **Displays for Loan** – Displays are available for loan through the Best Start Resource Centre
- **Local Activities** – Links are provided for local groups on how to plan local activities



Interior Bus Ad

To find out more about the campaign, to view or order campaign resources, visit: [www.beststart.org/alcohol\\_fasd/index.htm](http://www.beststart.org/alcohol_fasd/index.htm) or email [w.burgoyne@healthnexus.ca](mailto:w.burgoyne@healthnexus.ca)

## JUSTICE COMMITTEE

The Justice Committee continues to increase awareness of FASD as a major justice, health, and social issue within the justice system. Through a promotional campaign of the [www.fasdjustice.on.ca](http://www.fasdjustice.on.ca) website, over 17,000 promotional items were distributed since March 2008. The materials (posters, post cards and mouse pads) were distributed to a range of justice personnel and FASD and CAPC workers across the province. As well, numerous resource requests have been received from other groups with an interest in FASD and justice.

Through these efforts, the website has enjoyed an increase in the number of web-based searches specifically looking for FASD + justice related information as well as the number of 'hits' on the updated case law section of this website. We are pleased to have received many positive comments about the usefulness of the website from judges, defence counsel, crown attorneys as well as the general public.

The Justice Committee appreciates the financial support of the Public Health Agency of Canada and the Ontario Federation of Indian Friendship Centres in the development of the promotional materials.

**Lead:** Jonathan Rudin, *Aboriginal Legal Services*, [rudinj@lao.on.ca](mailto:rudinj@lao.on.ca)



Promotional poster

## DIAGNOSIS AND DISABILITY WORKING GROUP

The Diagnostic Working Group of the FASD Stakeholders for Ontario has a two year plan to increase and enhance diagnostic capacity in Ontario. In 2008 they have prioritized the training of 15 professionals, located in five different regions of the province, in the diagnosis of FASD, using the Four Digit Code approach to diagnosis. This is available through an online course offered by The University of Washington. This training will be followed up by observational training and a review of the Canadian Guidelines for diagnosis, in a variety of operational diagnostic centres by experienced diagnostic teams. The 2009 working plan prioritizes networking and sharing information across diagnostic centres to ensure consistency and high quality. Networking and information exchange

will occur through a series of videoconferences which will address the following topics: Approaching the LHINs, The Diagnostic Process, The New Canadian Guidelines and Psychological Assessment Update/Processes.

**Lead:** Nancy Hall, *Hamilton Task Force on FASD*, [nhall@cfshw.com](mailto:nhall@cfshw.com)

### FASD Diagnostic Services in Ontario:

A list of Ontario FASD Diagnostic services can be found at: [www.FASDOntario.ca](http://www.FASDOntario.ca). It includes information about the populations served, the type of services available and contact information.

## FASDay 2008 – EVENTS ACROSS ONTARIO



### Peterborough: Open House & New Funding

FASD Peterborough celebrated FASDay with an Open House at its new office location. This was an opportunity to celebrate the opening of the new office, and the acquisition of a 2-year \$112,000 grant from the Ontario Trillium Foundation. This funding will enable FASD Peterborough to hire a new coordinator, purchase resources and provide community-based training opportunities. MPP Jeff Leal was on hand to officially announce the grant funding. Community professionals, caregivers and individuals affected by FASD attended the event.

### Thunder Bay: Live Theatre Production

Maureen Parkes, FASD Coordinator at the NorWest Community Health Centres, felt that a live theatre production would create an opportunity for people to develop a better understanding of the social and emotional issues for mothers giving birth to individuals with FASD. Funds were raised to commission Rob MacLeod’s Capitol Kids to develop the theatre production. Titled “Livin’ on the Edge”, this play is based on the stories of those who care for children and young adults living with a FASD. The play was launched at the annual FASDay breakfast, organized by the NorWest Community Health Centres and the FAS Awareness Committee of Thunder Bay.

### Hamilton: Press Conference

The Hamilton Task Force for FASD held a press conference hosted by local MPP Paul Miller. The Task Force announced plans to seek funding to open a diagnostic clinic for the Hamilton-Wentworth region. NDP MPP Paul Miller called on Premier Dalton McGuinty to create a specialized cross-ministry committee to develop Ontario’s first FASD Action Plan. In a statement to the Premier, Miller proposed a three-pronged strategy to address the devastating effects of FASD, highlighting prevention, diagnosis and family supports. Miller’s plan further proposes a \$15 million provincial fund to promote community awareness and parent education.



### Peel: Training Event

Members of the Preschool team at Peel Children’s Centre learn about FASD from Peel FASD Coordinator, Cheryl Neave.

## Sudbury Manitoulin: Annual Mocktail Celebration

The message “No alcohol for nine months during pregnancy prevents FASD” was shared by Our Children, Our Future, the Chelmsford Best Start Hub and the FASD Network at the 8th Annual Mocktail Celebration. Over 30 families came to taste mocktails – drinks without alcohol. The powerful message was clearly evident when Joseph Cloutier, a gentleman who lives in Sudbury, spoke about the life long impact that FASD has had on his life. Joseph, who lives with this disorder, shared the story of his struggles with developmental delays, his learning disabilities, his difficulty fitting in, and his desire to help people understand that people with FASD deserve the same opportunities in life as anyone else. A proclamation announced September 9th FASD Awareness day for Greater City of Sudbury.



Joseph Cloutier serving mocktails



Stephanie Fluke tasting non alcoholic punch

## Sault Ste. Marie: High School Mocktail Party

Kathy Hurley, parenting facilitator for the Community Action Program for Children talked to over 200 students at CASS about alcohol and pregnancy. The mini mocktail party was hosted to share vital information concerning FASD and to offer tasty alternative recipes for social parties. The students enjoyed non alcoholic fruit punch, sunshine shots, along with a light appetizer.

## Timmins: Buns, Maze and Fabric Knots

The FASD Awareness Cochrane-Timmins Coalition (FACT) held a few events this year. A display of information was set up at one of the local colleges. Buns in the shape of FAS knots were distributed to the students and education was provided on FASD. The FAScinating FASd maze, adopted from the Six Nations of Grand River, was set up at one of the local high schools. The event aimed to sensitize the teens to the daily challenges experienced by an individual with FASD. During the celebration of FASDay, there was a symbolic activity which involved tying decorated segments of fabric together, making a large FASD knot.

## Kapuskasing: Dress Up Party

Kapuskasing Early Years Centre and Brighter Futures held a Dress Up Mocktail Party. There were three different drinks for the families including Blue Moo, Summer Sunset and Pretty in Pink Princess Juice with umbrellas and cherries. There were sea-themed eats like oyster pearl cookies, fishing with pretzels, blue cream cheese, goldfish crackers and cheese and cracker sail boats. An ice sculpture made of frozen coloured water was used as a center piece and a three-tiered chandelier was made from hula-hoops, tin foil and balloons. There were displays from the Porcupine Health Unit and a counsellor from Addictions Services staffed their booth. The children had a bouncy blow up to jump on and made bowtie or tiara crafts. The event was well attended and everyone had fun.



## HORSE PROGRAM FOR INDIVIDUALS WITH FASD

Ava Support Services Inc. Horse Program, located in Brampton, provides Equine Facilitated Mental Health services for individuals with FASD. Sessions include ground work, grooming, walking the horse and riding. Participants engage in these activities to improve coping strategies, receptive and expressive language skills, sequencing and judgement, social skills, confidence, attention span, sensory integration and understanding of boundaries.

Valerie is a 12 year old girl with FASD. She participates in Equine Facilitated Mental Health sessions with a therapist and consulting occupational therapist. Her foster mother reported that Valerie's biggest challenges were her lack of boundaries, her angry outbursts, her inflexibility and inability to follow directions. At school, Valerie was consistently being sent to the office due to aggressive and angry outbursts.

For the first few sessions, Valerie was tense, quiet and appeared unable to focus. Because of this, the therapist structured grooming activities with the horse for the first half an hour. These activities provided different sensory inputs that assisted in satisfying Valerie's sensory needs and increased her ability to remain calm, alert and attentive.

Once Valerie was ready for more of a challenge, the therapist began incorporating cognitive, sensory, gross and fine motor activities that mirrored the skills she was working on at home and school. Activities included lunging, riding and walking the horse through challenging obstacles. During these activities Valerie

was able to recognize how her posture, tone of voice and feelings affected the horse. Valerie learned to acknowledge her feelings and regulate her behaviour to have a positive outcome with the horse. Gradually the skills that Valerie was learning carried over to the home and school setting. This resulted in a gradual increase in attention span, more awareness of personal space and boundaries, and an increase in self-confidence and social behaviours. There was a decrease in aggressive and angry outbursts at home and school. Valerie also developed a passion for horses. She started reading horse books and spent most of her spare time with horses.

**Submitted by:** Karen McEwen, [mariposainc@yahoo.com](mailto:mariposainc@yahoo.com)  
Ava Support Services Inc. Horse Program, Brampton

*"I learned that I am a good person and am kind and gentle. Being with the horses has shown me how to care about something".*

- Ashely age 14

*"The best part of my day is when I am with my horse who does not make fun of me or call me names. I have a hard time at school, but being with the horses has helped me realize that I am likeable".*

- Sam age 15



## SECRETS OF SUCCESS: RUNNING AN FASD COALITION

Coalitions require skill to start, lead and maintain. The Kingston FASD Action Network began in 2002 and has successfully raised community capacity. This article shares the lessons learned and tips on running a successful coalition.

The FASD Action Network includes interested health and social service providers, community members and parents. Everyone is committed to working collaboratively to promote awareness of issues around women's use of alcohol during pregnancy and support of people with FASD. Current activities include: caregiver support, school initiatives, emerging FASD Diagnostic Team, alcohol-free pregnancy promotion, promotion of screening for alcohol use, FASDay activities, community in-services and presentations, and building community capacity for prevention, early intervention and support.

*Working together with creativity can ensure the success of coalitions, even without sufficient funding:*

- Agency resources can be pooled together
- New activities can be added to existing programs
- Small grants can fund activities such as a conference or resource

*When developing a coalition, start by identifying stakeholders, levels of awareness, community supports and activities. Also:*

- Develop yearly action plans
- Have the leader co-ordinate the overall plan and members link to the community
- Make sure everyone in the group is learning
- Build on provincial, federal and local opportunities
- Be resource brokers for the community
- Develop an FASD awareness "road show" for presentations
- Break into subgroups for specific projects
- Work towards a shared community vision of FASD in your group
- Include parents and caregivers as members

### Lessons Learned

*To maintain membership, the benefits of participation must outweigh the effort and time commitment. Focus on the internal functioning of the group first, to allow the group to reach external goals more easily.*

*Activities motivate members to continue meeting. Also:*

- Elect a committed leader with a strong vision, organization and communication skills
- Start with members who are interested in the issue
- Plan ongoing recruitment
- Begin where community awareness indicates, not with agencies' expectations
- Have fun and laugh while working together
- Develop trusting relationships
- Recognise that all members contribute to learning
- Strengthen presentation skills which are critical for raising awareness
- Provide an orientation to new members
- Develop and prepare upcoming leaders within the group
- Match the coalition's vision with the host agency's mandate
- Solicit support from decision-making managers

The power to create change around complex health issues like FASD develops from strong leadership and involving diverse members of the community. The Kingston FASD Action Network has been successful in raising community capacity by working together towards a common vision for FASD and focusing on **action**.

*Submitted by: Donna Clarke-McMullen  
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## FASD Stakeholders for Ontario

FASD Stakeholders for Ontario addresses factors behind FASD and supports efforts to move to a coordinated, collaborative and complementary approach in Ontario. This is an exciting time in the province. The many contributions submitted for this newsletter attest to the growing quality and capacity of FASD responsiveness in Ontario. For justice related information, visit [www.fasdjustice.on.ca](http://www.fasdjustice.on.ca) and for more information about the Stakeholders, email [info@fasdontario.ca](mailto:info@fasdontario.ca) or visit our updated website at [www.FASDOntario.ca](http://www.FASDOntario.ca)

Sheila Burns  
Chair, FASD Stakeholders for Ontario

## New Ontario FASD Support Group

Alcohol Babies Anonymous  
Location: St. Catharines  
Contact:  
[alcoholbabies@gmail.com](mailto:alcoholbabies@gmail.com)

## Feedback about FASD Ontario News:

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

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Also available in French

## NEW FASD RESOURCES

### Launch of FASD Training Online Database

On November 28, 2008, Canadian Centre on Substance Abuse will launch the FASD Online Training Database. Visit the website at [www.ccsa.ca/Eng/Priorities/fasd/Pages/default.aspx](http://www.ccsa.ca/Eng/Priorities/fasd/Pages/default.aspx) to access a searchable database of FASD Trainers and Training Programs across Canada. For more information, contact Paula Stanghetta, Project Coordinator at 519-745-5354.

### FASD Training Resources

Updated Canadian website for FASD trainers with list of print resources, PowerPoint presentations, discussion forum. French and English [www.faseout.ca](http://www.faseout.ca)

### ActNow BC – Healthy Choices in Pregnancy Team Just Released:

- *Double Exposure* – Interventions to support women to reduce alcohol use in the childbearing years
- *Supporting Change: Preventing FASD* – A DVD illustrating a framework for preventing FASD
- *Women and Alcohol: A Women’s Health Resource* – A booklet for women who drink on reducing alcohol use



[www.hcip-bc.org](http://www.hcip-bc.org)

### “Picture” This: Life as a Parent of Children with FASD

Healthy Generations Family Support Program  
Podcast: <http://citizen.nfb.ca/picture-this>  
DVD: [Judy@clsliouxlookout.com](mailto:Judy@clsliouxlookout.com)

### We Are Powerful

Children’s book series on ADHD, ADD, OCD, FASD etc.  
[www.wildberryproductions.ca](http://www.wildberryproductions.ca)



### 9 Months, Zero Alcohol Poster

Now in Portuguese  
City of Ottawa  
[http://ottawa.ca/residents/health/support/professionals/perinatal/zero\\_en.html](http://ottawa.ca/residents/health/support/professionals/perinatal/zero_en.html)

### Development of Canadian Screening Tools for FASD

[http://www.cjcp.ca/pdf/FAR8009\\_koren\\_e344-e366.pdf](http://www.cjcp.ca/pdf/FAR8009_koren_e344-e366.pdf)

## FASD TRAINING

### TRAINING EVENTS IN ONTARIO:

**Dan Dubovski: Support, Stress, Medications & Mental Health for front line workers**  
November 12, 2008, Lambeth  
Laura Spero 519 963 1402

**Dan Dubovsky: Support, Stress, Medications & Mental Health Parent and Caregiver Conference**  
November 13, 2008, Stoney Creek  
Hamilton Task Force for FASD  
Nancy Hall 905-527-3823 x267

**Dan Dubovsky: Maximize Outcomes for Our Systems by Recognizing the Impact of FASD**  
For government policy and programming staff, service agencies, educators, justice personnel  
November 14 2008, Toronto  
[Chito Diorico FASD\\_Ontario@phac-aspc.gc.ca](mailto:Chito.Diorico.FASD_Ontario@phac-aspc.gc.ca)

**Donna Debolt: Caring for Those with FASD**  
November 20, 2008, Peterborough  
FASD Peterborough  
[fasdpeterborough@cogeco.net](mailto:fasdpeterborough@cogeco.net)

**Donna Debolt: Considerations for Case Management**  
November 21, 2008, Peterborough  
FASD Peterborough  
[fasdpeterborough@cogeco.net](mailto:fasdpeterborough@cogeco.net)

### KEY TRAINING EVENTS OUTSIDE ONTARIO:

**The 3rd International Conference on FASD**  
March 11-14, 2009, Victoria BC  
[www.interprofessional.ubc.ca/FASD09.htm](http://www.interprofessional.ubc.ca/FASD09.htm)

**Caring for Aboriginal Women with Problematic Substance Use in Pregnancy**  
The PRIMA Project  
March 27 & 28, 2009, Prince Rupert, BC  
[www.addictionpregnancy.ca](http://www.addictionpregnancy.ca)

### ONLINE:

**Centre for Addiction and Mental Health**  
Mental Health and Addictions 101 Online  
<http://www.camh.net/education/>