

2014 Alberta FASD Awareness Week.....	1-3
PCAP Around the Province.....	4
FASD Learning Series.....	5
Network Map with AB PCAP Locations.....	6

2014 Alberta FASD Awareness Week

International FASD Awareness Day is celebrated annually on September 9. Find out how our friends throughout the province participated this year.



The ninth day of the ninth month was chosen in recognition of the nine months of pregnancy. For the 15th year of this awareness day the **Edmonton and Area Fetal Alcohol Network Society (EFAN)** members gathered together at Beaver Hills House Park in Edmonton to help spread the message that drinking while pregnant can be harmful to your

baby. The event was originally planned as “Mocktail Madness” where non-alcoholic cocktails would be handed out to community members to promote different options other than drinking alcohol while pregnant. However, with the unforeseen turn in the weather, it was decided that hot coffee would be more appreciated! The event was well attended by community members, service providers and Government leaders. This year EFAN also took part in an international FASD awareness campaign, “Too Young to Drink”. Participants from all around the globe, starting at 9:09 in Japan, moving through Australia and European countries and then to North America, posted photos of their FASD events to Facebook, Twitter and Instagram. The prevention message went viral all around the world!

The **Enoch** FASD Information Session was held on Wednesday, September 24, 2014 from 10:00-3:00 with Keynote Speaker, Juanita Murphy. Other speakers included the following:
 Linda Borle – Community Development, Alexander First Nation
 Sandra Potts – Justice Department, Alexis Nakoda Sioux Nation
 Kim O’Reilly – Mobile Diagnostic Team
 Jim Brule – Youth Justice Committee, Enoch Cree Nation
 Christy Dobson – Enoch Human Resource Dept.
 Sandi Thomas & Janice Randhile, Sweetgrass Lodge Program Team
 Lunch & Refreshments were served and the event was organized by the Sweetgrass Lodge Program (Wihkask-o-kamik).

2014 Alberta FASD Awareness Week



“This will be the third year **South East Alberta FASD Network (SEAFAN)** has celebrated *Free Mocktails for Mom* the first week of September and ending on Sept. 9th.”

“We have at least 5 local establishments participate by giving out free mocktails (of their own creation) to pregnant women or women trying to become pregnant. Even others that just prefer a non-alcoholic

beverage since they are driving or otherwise, are invited to participate. We are now including the Medicine Hat area, Brooks and Dunmore communities making sure to include the college campus bar *Crave*.

SEAFAN creates impactful posters, coasters, menu cards, mirror clings for the bathroom and more to promote the prevention awareness message.

SEAFAN offers each establishment the option to keep a tally of all the mocktails handed out for which they will be compensated later. Not one location has even come back to SEAFAN seeking payment!

This event has been very successful and will be repeated

again with more locations participating. The media generally supports this initiative and last year invited us into the TV station to create mocktails on air and also for an on-air radio interview.

We kicked off this season with a presentation made to City Council and wrapped it up with the FASD Training Day featuring Myles Himmelriech on Sept. 17th.

Except for preparing materials and approaching establishments ahead of time, the event itself runs well and is not labour intensive for the SEAFAN staff or Board.”

By Myrna Stark, SEAFAN Coordinator

Three programs from Bridges Family Program, Children’s Fetal Alcohol Services, First Steps and the Regional FASD Diagnostic Clinic for Adults, managed a table at **Medicine Hat** College on September 9. The purpose of the event was to create awareness of the effects of prenatal alcohol exposure and to encourage prevention. College students, staff and guests participated at the table and discussed affects of FASD and methods of FASD prevention including that “no alcohol in pregnancy is best.” Bridges staff

encouraged women, if they were sexually active, to take a pregnancy test to confirm that they are not pregnant prior to consuming alcohol. 51 pregnancy tests were handed out with the FASD prevention message. Condoms were donated to our cause by Alberta Health Services Sexual Health Unit.

A few college students who attended the booth were previous First Steps (PCAP) participants who have graduated within the last few years. It was great to see our

First Steps graduates attending college and doing well!

The Medicine Hat News attended the event and interviewed Program Manager, Danielle Schaitel. An article is scheduled to be published in the September 10th issue of the newspaper. CHAT TV News also conducted a similar interview and is aired on September 9th at 5:30 and 6:30.

2014 Alberta FASD Awareness Week



Above: On September 12th the **Whitecourt** PCAP Advocate and Transitions Mentor along with other volunteers made cocktails and served them to businesses and organizations around town. They provided FASD related information and the recipe for the Mocktail.

Below: Jailin & Jessica handing out Mocktails at **Edson's** Movie in the Park night. The drinks and the recipe cards (right) were a hit!



Tracey Knowlton, PCAP Supervisor at **Lakeland Center for FASD** reported the following celebrations in aboriginal and non-aboriginal sites:

LacLaBiche offered free hot dogs and Value Drug Mart provided space for an FASD Display for the day. Approximately 60 people viewed the display and partook in the hotdogs!

Bonnyville had approximately 95 people out including the MLA, Genia Leskiw. They were well supported by the community with donations coming from Brosseau's and Hamels; a BBQ was loaned to them and manned By CEDA and Mike Verrier. Clean Harbours donated water bottles!

St. Paul hosted a mocktail tasting at the Health Unit.

Saddle Lake: 10 minute presentation was offered about FASD Day.

Cold Lake saw about 75 people and having coffee was helpful. It

was cold and we did see a bit of snow. We were well supported by the community with donations coming from Sobey's, Hamels, Value Drug Mart, and ENTREC. Mocktails were delivered to downtown businesses with the help of the 2nd Floor staff and residents. According to them, the mocktails were appreciated and they had fun doing it. We started the day off with a walk and took a pregnant pause at 0909 to honour those living with an FASD. We even stopped traffic!! A newspaper reporter came with us and snapped some great shots, then came back later to take some photos of our bbq and follow some of the girls around town delivering mocktails!

Elizabeth Settlement hosted their FASD Day on September 8th with a Brunch. Their attendance was about 25 people. We provided them with two fruit trays, a display was arranged and information

sharing/discussion occurred.

Frog Lake: The FASD Pancake Breakfast at Frog Lake was so much fun -lots of laughs over the Mocktail competition. 60+ people attended.

Fishing Lake had a walk and hot chocolate/coffee, muffins and bagels, provided by Lakeland Center for FASD. JF Dionne School joined them in the walk and FASD Mentor, Tessa, reported that the event went very well.

Kikino had a prenatal "class/meeting" and provided a lovely meal. An FASD display was set up and there was discussion/information-sharing regarding an Empowering Women group starting on October 1st.

Buffalo Lake had a display on October 10th that included giveaways and brochures. The Health Nurse acknowledged the significance of having the information available.

These are great events to acknowledge FASD Awareness Day in Alberta every year during the week of September 9th. Feel free to take from these ideas and see how they might fit in your own communities next year!

McMan Central: PCAP Client Quilt

“The quilt was an activity at the Mother’s Day Tea Gathering. The quilt gave our clients a chance to be creative and illustrate the things that are most important to them. Many clients stated it was an empowering activity that they could be proud of.”



Would you like to share a project or special event from your program? E-mail Rhonda at pcap@telus.net to share it in a future newsletter!

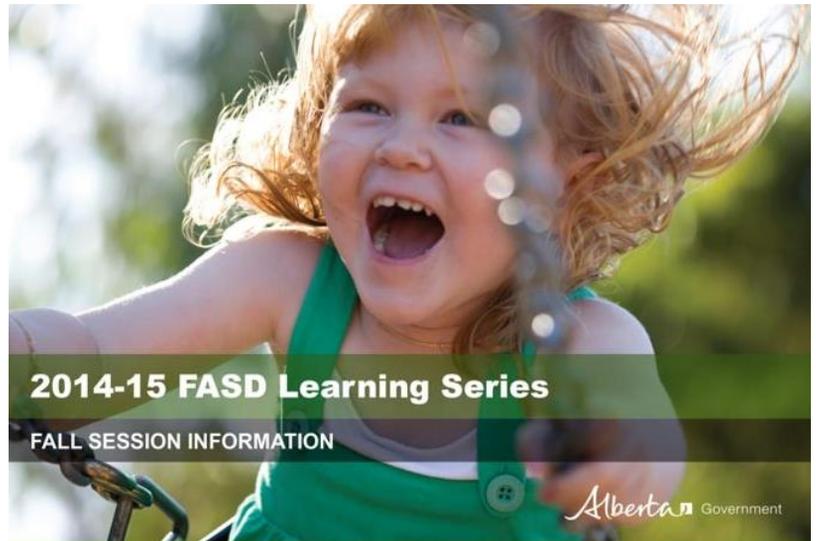
Project opportunity: PCAP Women’s Quilt

The Alberta PCAP Council and Dr. Dorothy Badry are collaborating on a new project – the creation of an Alberta PCAP Women’s Quilt. This ethics-approved research study aims to capture PCAP women’s experience in PCAP by allowing women from across the province to contribute a quilt square to a larger final quilt, much like the original PCAP Quilt, and the client quilts from McMan Central (above) and Siksika Health Centre. PCAP women will also have the opportunity to discuss the quilt-square making process and their journey in PCAP in small focus group or individual sessions. The research team, Dorothy Badry, Rhonda deLorme, and Kristin Bonot, are now looking for programs who have clients that would be interested in contributing to the provincial quilt. Contact the research team at coordinator@alberta-pcap.ca to set up a workshop at your location!

The research team will be presenting at the Alberta FASD Conference at the Delta Edmonton South on October 20 and 21, 2014. Look for the presentation: “The Next Stitch” to learn more about this project.



An initiative from the



2014-15 FASD Learning Series

FALL SESSION INFORMATION

Alberta Government

From October 15, 2014

“Strengthening the Parent-Child Attachment Relationship in Children and Parents Affected by FASD: Red Flags and practical strategies”

Presented by Dr. Sonya Vellet and Mary Berube

In this session, Sonya discusses the importance of a secure parent-child attachment relationship, including key risk and protective factors and strategies to enhance attachment relationship.

Find the recording and handout of this session or past sessions at <http://fasd.alberta.ca/search.aspx>.

Upcoming Presentations

(watch live via webcast 9am-11am on every 3rd Wednesday of the month)

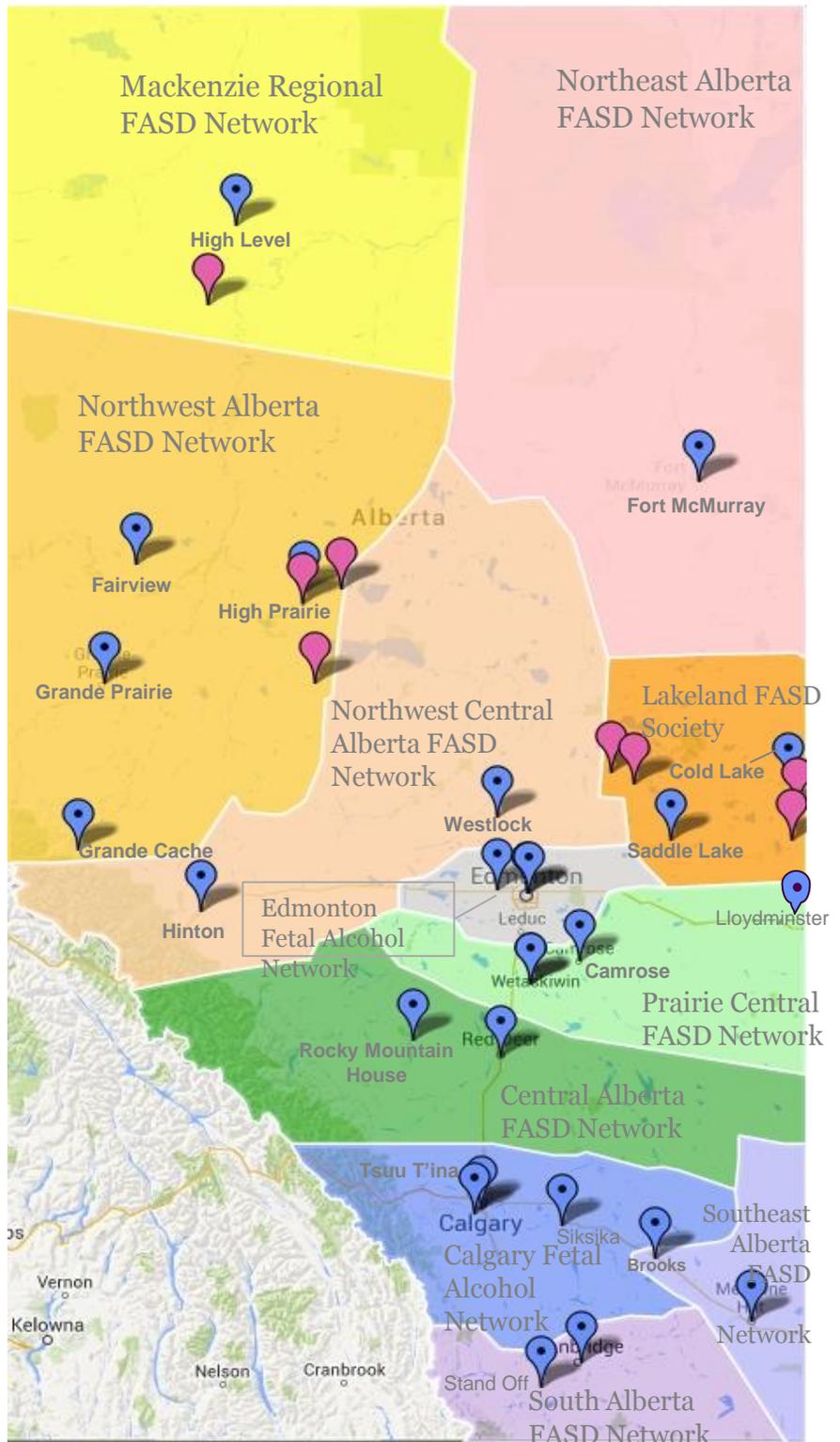
November 19, 2014	Strengthening the parent-child attachment relationship in children (and parents) affected by FASD: Practical strategies – Part Two
December 17, 2014	Results from the Alberta Pilot of the Treatment Improvement Protocol (TIP) for FASD
January 21, 2015	Prevention Conversation Project
February 18, 2015	The Office of the Child and Youth Advocate - Enhancing Advocacy Skills and Client Participation
March 18, 2015	Healing Disordered Attachments
April 15, 2015	A First Nations Community Response to FASD
May 20, 2015	What’s New in FASD Research

Don’t miss the next one! For information on how to register and how to view the sessions live, go to <http://fasd.alberta.ca/current-year.aspx>.

Network Map with Alberta PCAP Locations

- Brooks
- Calgary and Area
- Camrose and Area
- Cold Lake and Area
- Edmonton – Bissell Centre
- Edmonton – Catholic Social Services
- Enoch
- Ermineskin
- Fairview
- Fort McMurray
- Grande Cache and Area
- Grande Prairie
- High Prairie
(head office for ◆ Métis Settlements)
- Hinton/Edson
- Lethbridge
- Llyodminster
- High Level and Area
- Medicine Hat
- Red Deer
- Rocky Mountain House
- Saddle Lake
- Samson
- Siksika Nation
- Stand Off
- Tsuu T'ina
- Whitecourt

Note: Underlined sites listed on the left fall within the Network geographical boundaries but are not part of the FASD Networks.



For more information, visit us at our website: www.alberta-pcap.ca