



## WE ARE...

a parent-led provincial organization that supports parents, families, children, youth and adults living with FASD.



## OUR VISION...

is for individuals with Fetal Alcohol Spectrum Disorder and their families to recognize themselves as safe, supported, valued and contributing members of all communities throughout the province.



## OUR WORK...

includes information sharing, advocating for lifelong supports, partnering with others, increasing awareness of FASD and promoting understanding of FASD.



### Contact us:

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## FASD SUPPORT AND SERVICES IN SASKATCHEWAN

### FASD SUPPORT NETWORK

1-866-673-3276

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



Call our toll-free line or visit our website for more information about FASD or to learn more about services, supports or possible funding through the province. We also offer informational workshops and training.

### CUMFI WELLNESS CENTRE

306-975-1949

In Saskatoon, Cumfi Wellness Centre offers mentoring services to youth and adults with FASD. A justice worker is on staff to support clients involved in the justice system.

### ABORIGINAL FAMILY SERVICES

306-525-4161

Offers mentoring services to youth and adults with FASD in Regina. Mentors help individuals to live safer and healthier lives.

### SASKATCHEWAN PREVENTION INSTITUTE

306-655-2459

A provincial organization that offers information on prevention of FASD.

### OTHER SOURCES OF SUPPORT

1-866-673-3276

You can find other sources of support in your community. We have a provincial Cognitive Disabilities Strategy (CDS) and many communities have a CDS Consultant available to help. Also, consider mental health and addictions services, mediation, school counselors, family support agencies and other community based agencies. Call the Network for help with this.

## LAW ENFORCEMENT AND FASD



Individuals affected by prenatal alcohol exposure are among the most vulnerable in our society.

They are at high risk for committing criminal acts, being the victim of crime or being witness to crime.

Law enforcement officers play an important role in our communities and can make a difference for individuals living with FASD.

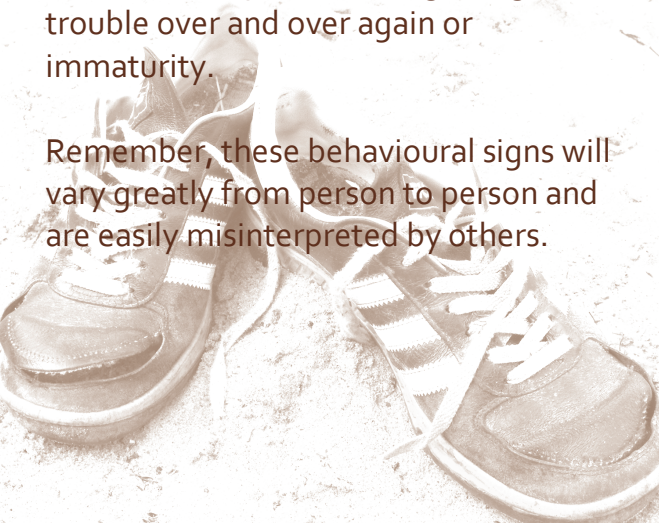
## GAINING KNOWLEDGE

**Fetal Alcohol Spectrum Disorder (FASD)** is the term used to refer to a range of primary physical, cognitive, sensory and behavioural disabilities in individuals exposed to alcohol in the womb.

FASD is a brain based, mostly invisible, disability. This means that we do not see obvious physical signs—the impairment lies in the structure and neurological functioning of the brain.

The characteristics you will notice in individuals with FASD are behavioural signs—things like impulsivity, memory problems, confusion, anxiety, shutting down, avoidance, running, illogical thought, poor judgment, being easily influenced, explosiveness, getting into trouble over and over again or immaturity.

Remember, these behavioural signs will vary greatly from person to person and are easily misinterpreted by others.



## BUILDING COMMUNITY

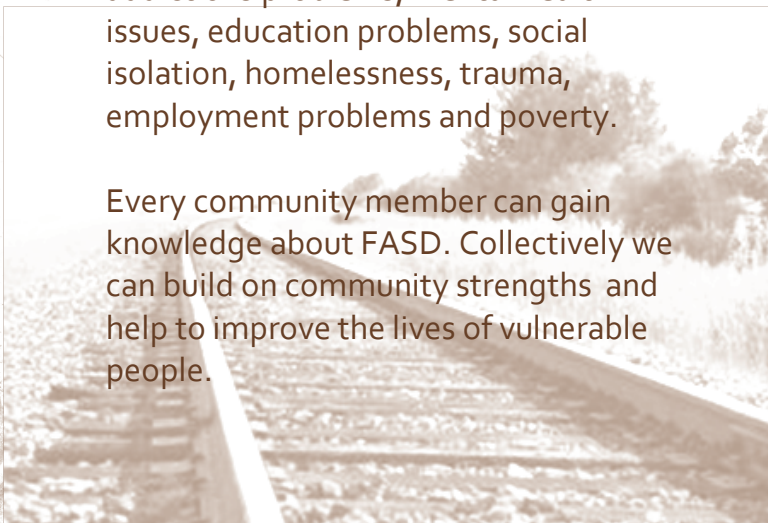
People with FASD are your friends, family and community members. As a law enforcement officer you are in contact with people with FASD, sometimes without even knowing.

FASD is not an excuse for conflict with the law. FASD is a reason and offers an explanation.

Because of the range of primary disabilities, along with limited supports and services, individuals with FASD are also at high risk for developing secondary disabilities and problems.

The problem you are most familiar with is involvement in the justice system. Individuals with FASD are also at risk for addictions problems, mental health issues, education problems, social isolation, homelessness, trauma, employment problems and poverty.

Every community member can gain knowledge about FASD. Collectively we can build on community strengths and help to improve the lives of vulnerable people.



## MAKING A DIFFERENCE

**Identify supports.** If you think an individual might be affected by FASD, ask if they carry a card with the name of a mentor or advocate. That person can offer support and act as an interpreter.

**Think younger.** People with FASD usually function at a level more like a person much younger.

**Slow down.** Explain things slowly. When taking statements or gathering information allow more processing time. Do not rush—this will cause stress.

**Accommodate needs.** Talk in a quiet place without distractions. Give them space and avoid physical confrontation.

**Communicate differently.** Use simple direct language. Ask them to explain what things mean. Ask them to show you what happened. Avoid leading questions.

**Stay calm.** Individuals may struggle to manage their emotions. Situations can quickly escalate. Your calm and relaxed manner can influence them and will help to de-escalate the situation.

