



FASD Network News

FASD SUPPORT NETWORK
OF SASKATCHEWAN INC.

December 2011 - Issue 30

A Note to our Readers

Greetings,

Around this time of year, I look out my window and find myself wishing for snow. I wish and hope for other things too. I hope for peace and happiness. I hope for grace and courage. I hope for good things for the children, youth and adults who are living with FASD. I hope for strength for their families.

Just over a month ago, the Network held our annual Parent Retreat. Once again, this event was an amazing success. Diane Malbin, our guest presenter, was appreciated for her great knowledge and warmth. On Friday evening, and during breaks, there was a buzz of conversation among families. Network staff and board members gained valuable insight into the lived experiences of families from all corners of the province. We are grateful for the chance offered by the annual retreat to hear from so many because we can only represent the people of our province when many voices are heard.

The parent retreat and the coming holiday season likely have us all thinking of family, friends, neighbors and the people of our communities. The staff and Board of Directors of the Network wish you and your families all the best. We want to remind you that if you need support or information during this busy holiday season, we are a phone call away. Call toll free 1-866-673-3276 during business hours. Please note that the Network offices will be closed December 23rd and 27th.

Though we might pause from time to time, look out the window and reflect, December is also a busy month around the Network offices! This December there is an extra flurry of excitement as we have welcomed Lisa Mooney to our team. Lisa will fill the role of Executive Director. Keep reading for more updates about what has been going on at the Network.

Beverly

IN THIS ISSUE

- Welcome to Lisa Mooney
- Updates from around the Office
- Safety Strategy—Hazard Address



HOW TO CONTACT US

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Updates from around the Network Offices

There is so much going on around the Network offices these days that we thought it might be a good time to update our readers. We want to be sure you have the contact information you need to stay in touch. You can even clip out this contact list.



Toll Free Support Line
1-866-673-3276

Any staff member can be contacted on the toll free line.

Lisa Mooney
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Family Support Worker
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allana.fasdfs@sasktel.net

Meet our new Executive Director

In October, the Network said farewell to outgoing Executive Director Jessica Kaban. During her time with the Network, Jessica worked to raise the profile of our organization and forge lasting partnerships across the province. We appreciate her contributions and wish her all the best.

Soon after Jessica's departure, the board and staff welcomed Lisa Mooney as our new Executive Director. Lisa comes to the organization with a wealth of experience and enthusiasm to lead the efforts of a growing provincial organization.

As a provincial agency, the Network holds the responsibility to increase awareness and understanding of FASD throughout our large and diverse province. Lisa will work closely with a parent-led board of directors to continue to strive for the Network vision. While board members offer direction, guidance and vast understanding of the experiences of families living with FASD, Lisa, along with five staff members, will carry out the day to day tasks and activities.

Though just settling in, Lisa has already begun to meet Network partners and stakeholders around the province. She will continue to bring issues of FASD to the forefront of provincial conversations, advocate for families and empower the staff to carry out tasks. Please help us welcome Lisa as she gets to know folks over the coming weeks and months.

Upcoming Event!! Fetal Alcohol Spectrum Disorder Here and Now

This Network hosted conference is designed to inform and connect those supporting children, youth and adults living with FASD. Expert speakers from across Western Canada will strengthen our understanding of FASD and effective support strategies. All community members are invited to register. Contact Lynette Janzen for registration information at (306) 975-0896.



February 14 ♥ and 15, 2012
Travelodge Hotel 106 Circle Drive West
Saskatoon, Saskatchewan

Registration Deadline is Thursday February 9, 2012
There is no cost to attend but please register early space is limited.

***"There is only one time that is important – Now!
It is the most important time because it is the only time when
we have any power."***
~ Leo Tolstoy ~

Updates from around the Network Offices

Network Projects

Another new face around the Network is Sarah Nordin. Sarah joined the Network in August. Since that time, she has added to her knowledge of FASD and has had the chance to meet many people in the community. Sarah has attended meetings and events like FASD Awareness Day, the Annual Parent Retreat, Disability Expo and the most recent **Speakers' Bureau Retreat**.

Sarah is currently working on a number of activities. Most notably, she is coordinating a project designed to increase knowledge of post-secondary students in the area of FASD prevention and awareness. This successful seven-year project, funded by SLGA, combines an interactive classroom presentation, student learning materials and delivers an FASD Resource Kit to each location.

If you are a post-secondary instructor or professor and want to learn more about the project or would like to book a presentation, call Sarah. She will be happy to answer your questions about how you might join our efforts to increase awareness and understanding of Fetal Alcohol Spectrum Disorder. Through this project you will also enhance the experience of students in the classroom.



Helping Students Learn about Fetal Alcohol Spectrum Disorder

Sarah Nordin (306) 975-0868 or Toll Free 1-866-673-3276

fasdcoordinator@sasktel.net

FASD Family Support Program

By now, many of you will have heard of the FASD Family Support Program. The program has been running for several months. Just as expected, the two Family Support Workers, Allana and Gerry, have been busy! As the program brochure suggests, they work to nurture healthy families and healthy communities.

The program delivery is founded on the idea that every family needs the support and understanding of a healthy and helpful community. So, while guiding families, holding support meetings and offering one-to-one support is important, it is also important to help community members and service providers learn how to accommodate the unique needs of families living with FASD.

Call Toll Free 1-866-673-3276 or contact the Family Support Workers directly to learn more about the program and the potential to access family support.





Safety Strategies—Hazard Address

Every family thinks about the safety of their children, youth and adults who are living with FASD. There are many dangers in this world and we commonly turn to emergency services when faced with a dangerous situation. Having a cognitive disability like FASD is an added risk and can pose a barrier to using emergency services. Through direct support now being offered, the FASD Family Support Workers have learned of a creative approach to increasing the chances of safety when emergency responders do get involved with a person or family living with FASD. Here is what they have learned...

The FASD Family Support Program would like to share an important piece of information regarding safety for individuals living with FASD. The Saskatoon Police Service offers a feature through emergency services called a Hazard Address. This process allows family members, loved ones, support people and individuals with FASD to contact Saskatoon City Police and give important information about living with FASD. You will need to provide:

- ◆ Name of person in need of Hazard Address
- ◆ Date of birth
- ◆ Home address

Additional information to provide:

- ◆ Information about FASD. Let them know the person has FASD. Tell them what this means for that person and what it looks like. For example, your son does not have any outward signs of a disability but he has brain differences, acts younger and when stressed may try to run away.
- ◆ Other concerns. Mention other concerns like mental health issues, specific cognitive, behavioural or sensory disabilities. For **example, tell of your sister's** sensory issues that cause her to react strongly to physical touch.
- ◆ Communication strategies. Offer a few clear strategies or approaches that you know work best. Explain things to avoid that might make the situation worse. For example, suggest that if your adult nephew is highly emotional it helps if others stay calm, give him space, talk slowly and use short direct phrases.

Once this type of information is given, that address is flagged. Then, if emergency responders and police are called to that address and come in contact with your loved one, they have information that can be used to modify their approach. This information does not make anyone look bad. It simply

promotes a better understanding of behaviours and expectations that are more fitting.

To complete a Hazard Address in Saskatoon call 975-8300. You will be connected with the Saskatoon City Police communications department. You will be asked to provide the information listed here. The information can be changed as needed. The Hazard Address system is not yet available in other regions. However the Network is working to put similar ideas in place through the province.

Another good approach to safety for individuals living with FASD is to practice what to do in an emergency. You will need to teach what an emergency is, when to phone 911 and what to say when you phone 911. The information should include:

*A physical address or location. (Where are you now?)
A phone number where you can be reached. (What is the phone number where you are right now?)
A description of the emergency. (What is happening right now? What do you see or hear?)*

The individual should be prepared to give this information up to three times because they may be required to talk with emergency services, the fire department and the police. If you would like more information about this topic, contact the FASD Family Support Workers at 1-866-673-3276.