

# Network News

Fall 2006, Issue 13

## A Note to Readers

by Beverly Palibroda

Hello All. I hope each of you is well and has settled into fall, though fall felt much more like winter this morning!! Please take a few moments, maybe even make a cup of tea, relax and enjoy what this issue of Network News has to offer.

Halloween is right around the corner; to help you out we have gathered together some of our very own tricks and treats to get you through this spooky day. We hope that some of what we offer might work in your family. You will also find updates of various Network projects and community events that are happening over the coming months.

A quick reminder of our toll free warm line at 1-866-673-3276. Feel free to call us to request information, gather ideas, ask questions, find out more about our services or just give us a call when you feel you need support and need to be listened to. We are happy to do what we can.

*First keep the peace within yourself, then you can also bring peace to others.  
Thomas a Kempis*

## Did You Know???

### Upcoming FASD Training Opportunities

Free sessions will be held in the communities of Prince Albert, La Ronge, Ile a la Crosse, Yorkton, Swift Current, North Battleford. The sessions will be of interest to family members, community members and professionals from various sectors. See page 4 for registration information or call the Network for additional details.

### Northwest FASD Conference

“Collective, Caring Communities” FASD Conference  
November 14-16, 2006 Meadow Lake Civic Centre 412 – 3rd Street East  
For More Information or Registration Information Contact:  
Mary Rowland:(306) 236-1540 Louis Roy:(306) 833-5502  
\$70.00 per person – No refunds after October 20, 2006

### Gentle Teaching Workshops

North Battleford November 7, 8, 9th and Moose Jaw November 15, 16, 17th  
For details or registration information contact  
SACL Phone: 306-955-3344 Fax 306-373-3070  
Email: [shannon.davies@sacl.org](mailto:shannon.davies@sacl.org)

### Saskatchewan Early Childhood Conference

November 3-4th, 2006 Saskatoon  
This conference will explore the future of early learning and child care in Saskatchewan.  
For more information send an e-mail to [saskcare@sasktel.net](mailto:saskcare@sasktel.net), visit the website [www.skearlychildhoodassociation.ca](http://www.skearlychildhoodassociation.ca) or call (306)975-0875

### News about Diagnosis and Assessment for Youth and Adults

SWITCH (Student Wellness Initiative Toward Community Health), a student led health centre in Saskatoon has recently received funding from the United Way to pursue diagnosis and assessment services for youth and adults in the Saskatoon area. This is great news and we will keep you informed on this issue.



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# Halloween Tips for Parents: Surviving the Spookiest Day of the Year!!



Halloween is an exciting time for children with FASD. The tricks and treats, costumes and parties are all so appealing. Unfortunately, Halloween can be a stress inducing and nerve wracking time for parents as children and teens cope with the overload of Halloween. What can parents do to help their children have fun but also stay safe and avoid the chaos of over stimulation? This article provides some practical hints and ideas for parents to consider during the Halloween excitement. For example, parents may need to help youngsters to understand what is real and what is pretend. Some parents may need to decide if their child or teen is at risk of impulsive acts or pressures from peers that could lead to trouble. How can parents cope when all around there are ghosts, goblins, scary costumes, talk of spooks and haunted houses? I consulted the parents and board members of the FASD Support Network to help come up with some practical tips and strategies that you might try this year as Halloween is quickly approaching.

**Think about safety.** Ensure your child can be seen, especially if they become even more impulsive when excited. Use the reflective tape available at hardware stores and stick it to the front and back of costumes. Have your child carry a flashlight to help them find their way and make them more visible to traffic.



**Keep costumes simple.** Use face makeup instead of a mask, or try an interesting or funny hat. Avoid costumes that may cause fear or thoughts of acting out violent behaviours.

**Provide supervision.** Either go with children or have a trusted older teen go along. Keep the group small to avoid troubles.

**Plan ahead.** Plan a specific route and practice the route beforehand. Limit the number of houses your children visit. Decide on a specific number and when they are done it is time to go home.

**Practice the way to trick or treat.** Help your child to understand better ways of trick or treating.

**Explain about tricks.** Help your child or teen learn about which tricks are okay and which tricks are dangerous or not funny. This can be very hard, especially in a community where joking and tricks are part of the cul-

ture. Especially for teens, tricks can quickly get out of hand and if in a remote area police may be far away and unable to help.

**Ask for help from community members.** If you know the people in your neighbourhood ask them call you when your child has been to their house.

**Know your child's friends.** If your child is going out without you, make sure you know who they will be with and that the friends can be trusted.

**Set a specific time that they must be home.** Consider sending a timer or setting a timer on a wristwatch.

**Set a few simple rules.** Make a rule that your child can not eat any candy or treats until she or he comes home and you inspect the treats.

**Consider your child's understanding of pretend and make believe.** Many children and teens with FASD have trouble knowing what fantasy is and what is reality and get these things mixed up. Talk about this beforehand.

**You know your child best.** Avoid activities that tend to get them over excited, nervous and scared. Monitor television more carefully in the days before Halloween as there are movie advertisements, televisions specials, and commercials that could influence your child to act out and behave in ways that are not safe or harmful to others.

**Plan a Halloween activity at your house.** Invite a few family members or friends in for some well planned games or healthier snacks. Rent a movie as a good alternative activity. Some children may not be interested in taking part in Halloween but still want to have some fun so pizza or a movie are good choices.



**Look for safer activities.** Some communities have an afternoon party instead of trick or treating from house to house. This is a safer option. If this hasn't been planned, check with other parents or a community centre to see if they might be interested in organizing a group event.

**Limit treats and sweets.** If the sweets and candy are a problem for you and your child, take your child to a few well chosen homes of friends or family members who may be willing to give special treats like stickers, erasers, small toys, crayons, or craft items rather than chocolate or candy.



# Updates on Current FASD Projects

## FASD Prevention and Awareness for Post Secondary Students

In recent years the public has heard more and more about the high rates of alcohol use on university and college campuses across Canada and the United States. Researchers have identified problems resulting from high rates of alcohol use on campuses such as: risk taking behaviours, unsafe or violent situations, poor academic performance or even academic failure, decreased involvement in positive activities, and engaging in unsafe sexual activity. Unsafe sexual activity includes the possibility of an unplanned pregnancy and possible prenatal exposure to alcohol. Prenatal exposure is definitely a risk due to the popularity of drinking, and in particular binge drinking, for college and university aged students.

The FASD Support Network of Saskatchewan has received funding from the Saskatchewan Liquor and Gaming Authority to support the implementation of an FASD Prevention and Awareness Project targeting academic facilities across the province. Various academic facilities have welcomed the opportunity to collaborate with the Network on this project and work continues to get more locations involved. The main goals of the project are to:

- Address the issue of campus social and binge drinking
- Increase the knowledge of the risks related to drinking alcohol during pregnancy
- Improve the level of understanding of the life-long implications of FASD
- Provide knowledge of effective supports and interventions for persons with FASD

Students from a variety of groups, including education, justice, addictions, and community services will be targeted. These students will then take part in an interactive and informative workshop. These individuals will have an increased understanding of the means of preventing FASD as well as acquiring knowledge about FASD that will serve them well as they enter their chosen career. Students will learn about effective support strategies and interventions that will promote better outcomes for persons with FASD.

In this second year of such a project, it has again become clear that the community as a whole benefits from collaborative approaches to FASD. To find out more contact Beverly at 306-975-0806.

## Mentoring and Advocacy Services Now Available in Saskatoon

Services for individuals and families affected by FASD, living in Saskatoon and area, are getting a much needed boost this fall. A Mentor-Advocate has joined the FASD Support Network team. The Mentor-Advocate position is funded for an 14 month period through the National Crime Prevention Community Action Fund. The National Crime Prevention funding aims to reduce crime through a range of community based initiatives across Canada.

Involvement in criminal activity, either as the victim of crime or the perpetrator of crime, is a secondary disability associated with FASD. The premise of this project is that through provision of positive support, tailored to the unique needs of each individual, the likelihood of getting into trouble with the law or being victimized by the illegal actions of others will be reduced.



The Mentor-Advocate will collaborate with the individual and his or her circle of support to determine how to best meet needs and work toward goals. The availability of mentoring and advocacy services is a move forward in addressing the gaps in service faced by individuals and families living with FASD. Appropriate and effective support from a positive role model is thought to be a means of improving the quality of life for youth and adults with FASD.

The project has just gotten underway and the Mentor-Advocate is in the process of becoming familiar with the activities of the Network and getting settled into her new position. If you are an individual with an FASD, a family member, community member, or professional, and you are interested in learning more about accessing services of the Mentor-Advocate, please contact the Network and we would be pleased to help you out. Please note that this project is specifically for those in Saskatoon and area.



In Saskatoon call 975-0806 and ask for Megan for more information or to access Mentoring and Advocacy Services.



# THE FASD SUPPORT NETWORK OF SASKATCHEWAN PRESENTS:

*"Building Success For Individuals With FASD:  
How to design programs and supports that work - Cognitive Disability Strategy forward"*

## FASD Training Workshops

Free of Charge - Lunch Provided

Prince Albert, Swift Current, North Battleford, La Ronge and Yorkton will feature

### Dan Dubovsky

*Substance Abuse and Mental Health Services Administration (SAMHSA)  
FASD Center for Excellence - Maryland, USA*

Ile-a-la-Crosse will feature

### Della Maguire & Francis Perry

*Mi'kmaq First Nations Healing Centre*

Please indicate the workshop session you will be attending:

- Prince Albert Training Workshop** - November 16 & 17, 2006 (2 Day Training)  
*Registration Deadline: November 13, 2006*
- Ile-a-la-Crosse Training Workshop** - November 29, 2006  
*Registration Deadline: November 24, 2006*
- Swift Current Training Workshop** - December 6, 2006  
*Registration Deadline: December 1, 2006*
- North Battleford Training Workshop** - December 8, 2006  
*Registration Deadline: December 1, 2006*
- La Ronge Training Workshop** - February 19 & 20, 2007 (2 Day Training)  
*Registration Deadline: February 16, 2007*
- Yorkton Training Workshop** - March 19 & 20, 2007 (2 Day Training)  
*Registration Deadline: March 15, 2007*

**Space is Limited!!!!  
Register Early!!!!**

*Please provide a valid e-mail address. Registration confirmation and details will be sent via e-mail.*

Name: \_\_\_\_\_ Province: \_\_\_\_\_

Title: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Organization: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_ Fax: \_\_\_\_\_

City: \_\_\_\_\_ E-mail: \_\_\_\_\_



**Saskatchewan  
Health**

Cognitive Disability Strategy



**Canada**

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