

Lakeland Centre for

**F A S D**

Fetal Alcohol Spectrum Disorder

2015-2016  
ANNUAL REPORT

## VISION

We envision a region with no new FASD births & where currently affected individuals are well supported.



## Our Mission

To establish & ensure that accurate information about FASD, effective prevention, diagnosis and support services are available in the Lakeland Service Area.

## Overview

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## Our Vision

We envision a region with no new FASD births and where currently affected individuals are well supported.

## Operating Principles

- Individuals with FASD, their parents, and families have choices that will be respected and honored as valued members of society and their rights and responsibilities are foremost in all decisions.
- Individuals with FASD, their parents, and families will be treated with respect and dignity.
- Service delivery priorities will reflect community needs.
- Service providers collaborating with the Lakeland FASD Society will be knowledgeable about FASD issues and prevention strategies, and will use and promote best practices.
- Our goal of quality service will be achieved through partnerships.
- Lakeland FASD Society will plan collectively with partners for community solutions to service needs with a commitment to transparency and accountability.

# The LCFASD Team

## Board of Directors

### Executive

Coleen Manary  
*Chair*

Diane Stonehocker  
*Vice Chair*

Lorne Kaban  
*Treasurer*

Carmen Bull  
*Secretary*

### Directors

Rene LaFrance

Madeline Belanger

Gwen Wheeler

Bob Wilson

Joanne Lussier-Ring

## Management Team

Audrey McFarlane  
*Executive Director*

Lisa Murphy  
*Program Manager*

Heather Zink  
*Supervisor  
Adult Services*

Candice Sutterfield  
*Supervisor  
MTBM*

Tracey Knowlton  
*Supervisor  
FASD Coordinators*

Donna Fries  
*Manager  
Diagnostic Services*

Paula Dewan  
*Supervisor  
2<sup>nd</sup> Floor*

## Employees

**12**

Outreach Services

**9**

2<sup>nd</sup> Floor Women's Recovery Centre

**3**

Administration Team

**7**

Mothers to be Mentors

**13**

2<sup>nd</sup> Floor Casual Employees

**5**

Independent Contractors

## Total LCFASD Employees

**49** Frontline + **7** Supervisors = **56** employees  
between **4** offices in  
Lac La Biche, Cold Lake, Bonnyville and St. Paul

# Message from the Executive Director

2015-2016 celebrates 15 years of service for the Lakeland Centre for FASD and myself as Executive Director. As I reflect on the last 15 amazing years, the changes and advancements have been significant, however, some things have changed very little of which is disappointing.

In 2001, we started with a Diagnostic Coordinator, an Outreach Worker, and an administrative support; quickly adding the first rural PCAP model mentor to work with women in the community at risk of having a child with FASD.

In 2015 we grew to 50 employees with an entire infrastructure to support them. We have three satellite offices (Bonnyville, St. Paul and Lac La Biche) in addition to our main offices in Cold Lake. There are post diagnostic outreach workers for families and for adults, transition workers, employment programs, caregiver support groups, art therapy groups, summer camp for kids, and more.

On the prevention side there are mentors in almost all the communities working hard to help women to have healthy pregnancies. For those women who need more support, a residential treatment program was established in Cold Lake in 2012 that serves women from across the province. A new provincial training program has been implemented to assist health professionals to have clear conversations with women about alcohol and pregnancy.

In the past year 1500 people in the Lakeland area received training on FASD and 2600 attended awareness activities. There continues to be a growing need to bring relevant and evidence based information to those working in human services about how to best serve this population.

2016 brought the long awaited revised FASD Diagnostic Guidelines for Canada. The LCFASD Rajani training services was very busy training Alberta clinicians about the new guidelines in order to ensure they would be able to begin using these new guidelines immediately. This team was invited to train FASD diagnostic teams in Ontario, Nunavut, Saskatchewan and NFLD. The team has been developing a reference guide to accompany the new guidelines and other helpful resources.

In November 2015, the 2<sup>nd</sup> Floor Women's Recover Centre held its first information and open house during National Addictions Awareness Week. This was very well attended and it is hoped to be expanded in 2016.

The most exciting news in 2016 is the development of our Summer Camp. This has been a project that has taken many years to develop. Last year, LCFASD secured the land with Alberta Parks and was able to clear the land, build a road and install an entrance gate. However, when the economy began to strain the project was side tabled out of respect for our corporate sponsors. In January 2016, the LCFASD made the final mortgage payment on our Cold Lake building, thus allowing us to apply for a small mortgage which permitted the LCFASD to build a smaller and more practical building for the 2016 camp year.

The LCFASD continues to be an amazing leader in the field of FASD: developing many programs first for others to build on; with amazing volunteers and employees.

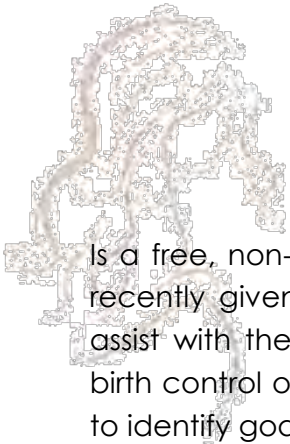
As Executive Director of the Lakeland Centre for FASD, I am thrilled to be with this leading organization for the last 15 years. This annual report highlights the accomplishments and activities completed in 2015-2016.



A photograph of a sandcastle on a beach. The sandcastle is built on a raised platform of sand, with a shallow moat of water surrounding its base. The sandcastle has four distinct towers. In the background, the legs and feet of people are visible, suggesting a beach setting. A green object, possibly a toy, lies on the sand near the sandcastle. The text "Making a difference." is overlaid in white serif font across the center of the image.

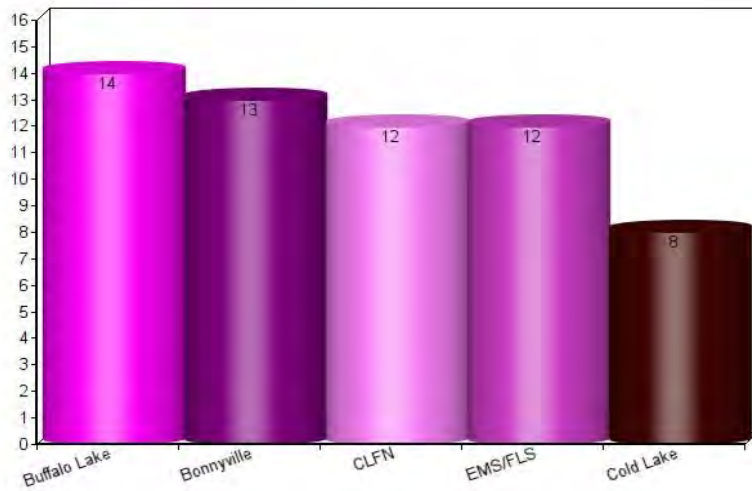
Making  
a difference.

# Prevention



## Mothers to be Mentorship

Is a free, non-judgemental long-term support program for women who are pregnant or have recently given birth and used alcohol or drugs at anytime during their pregnancy. We can assist with the exploration of treatment options, providing support and advocacy, discussing birth control options, connecting women and their families to community supports and helping to identify goals and achieving success in these goals.



**Empowering Women participants by community**

### Highlights

**75**

referrals to MTBM program

**10**

presentations

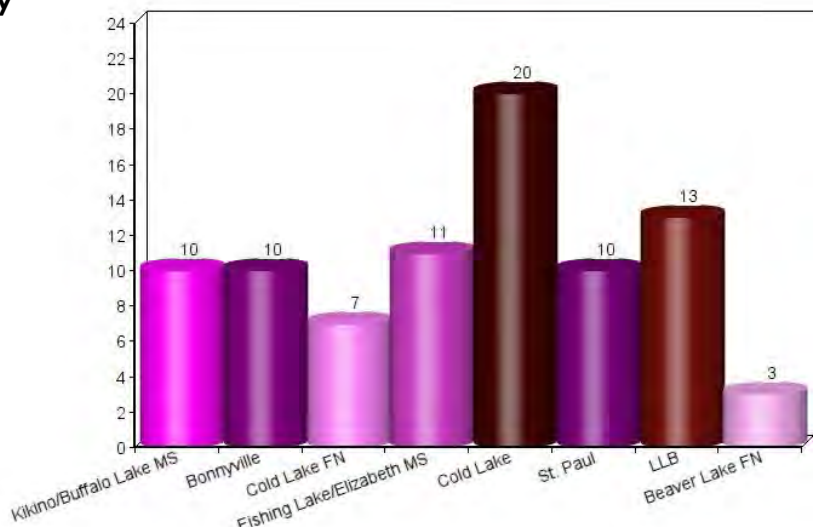
### Highlights

**53**

women at risk attended Empowering Women workshops and Collective Kitchens

**16**

women accessed treatment services with MTBM assistance



**MTBM program participation by community**

# Programs



The Prevention Conversation is a provincial awareness campaign. Its ultimate aim is to reduce the incidence of FASD through awareness of FASD and its implications on the behaviour of Albertans and to assist mothers to be in reducing the harm from alcohol use during pregnancy.

The last major public awareness campaign about FASD was in 2005 and 2011-12 saw a targeted campaign initiated by the Alberta Gaming and Liquor Commission. [preventionconversation.org](http://preventionconversation.org)

**312** professionals received training at  
**68** events in  
**5** rural communities  
**4** First Nations Reserves  
**3** Métis Settlements  
**4** college sites

Informal Prevention Conversation presentations

**19** Community Development Events  
**4** live interviews at **2** radio stations  
**2** local newspaper articles  
**400** condoms distributed with a 😊 & brochure at College sites | FASD Awareness Day



August 2015

The LCFASD welcomed the placement of a Cold Lake Transit bus stop outside the Main Office front entrance.

Prevention Conversation advertising occupies a prominent location on the transit.



# MISSION

*To help women break the cycle of addiction and to reduce the number of babies born prenatally exposed to alcohol and other drugs in Alberta.*

- An AB government approved, long term residential program located on the second floor of the Cold Lake LCFASD office

Designed for those who:

- are women
- are at least 15 years of age
- are pregnant/at risk of pregnancy
- want to stop substance use

Recognizes that

- feelings of guilt and fear can heighten women's addictions
- relapse and backslides are a reality of treatment and recovery
- recovery is a long-term process of rebuilding one's life

Incorporates

- a women-centered, holistic, relationship based Individual Recovery Plan
- traditional/alternative approaches to treatment
- care plans to transition to community supports and services.

## 2015-2016 at a glance

- Referrals = **64**
- Attended = **28**
- AVG age = **27.6 yrs**
- AVG stay = **39 days**
- Longest stay = **165 days**
- **75%** of women had children
- **Drug of Choice**
  - Alcohol **57%**
  - Cannabis **50%**
  - Cocaine **32%**
  - Meth **21.4%**
  - Crack Cocaine **21%**
  - Heroin **3%**
  - **67.8%** have multiple drugs of choice

### NEW

*Methadone Maintenance (MMT) services now available*



# a 2<sup>nd</sup> chance

I came to the 2<sup>nd</sup> floor Recovery Centre on August, 13, 2015. It was beneficial for me to leave Red Deer where I had used every day for 15 years and come to Cold Lake. My addiction took over my life it felt impossible to get out of it. I thought I would die. The 2<sup>nd</sup> Floor saved my life, I didn't feel anything when I arrived, I was completely numb. I couldn't think clearly, I was so shy I barely talked to anybody and kept to myself.

The 2<sup>nd</sup> Floor got me stable, I'm able to feel again and think clearly. I learned to open up and trust others, I was able to make some close relationships with women, the staff and other clients. Before coming to the center I had no female friends, I now have many and one best friend. I'm now strong enough to return to Red Deer.

Brandie  
April 1, 2016



# Intervention

## Impact: Child & Family Support Services

*Coordinators focus on facilitating parents, guardians and teachers to meet diagnostic recommendations and connect with available community support services. Coordinators will also help the family to strengthen its advocacy skills with a goal of providing coordinated services for 6 months, with continued support services as needed and based on the presenting needs of the child and family.*

- **3** Coordinators | **133** children & families served

### **NEW**

- Parent support groups in
  - LaLaBiche | Bonnyville | Fishing Lake | Elizabeth Métis Settlements
- Family & Youth Conference, June 17, 2016

## Impact: Transition Support Services

*Transition Services are most often initiated by the youth as they are ready to move to the next level of Support Services. Coordinators focus on assisting youth build a plan for the future working directly with the adolescent while providing support services to parent | caregiver and school | teacher as needed. The goal is to develop a plan that will transition the youth to Adult Support Services when the youth reaches age of majority.*

- **1.5** Transition Coordinators | **13** youth served
  - **8** NEW Transition Plans Completed

## Impact: Adult Support Services

*Coordinators are available to assist adults diagnosed with FASD, their spouses and families to meet diagnostic recommendations and connect with available community support services.*

- **5** Coordinators | **62** adults served

### **NEW**

- Counselling Services
- Art Therapy
  - **75** participants

# Services

## Impact: Transition Housing

**Spirit Arms**, a bachelor suite, is centrally located in downtown Cold Lake, and is meant to provide immediate housing to any adult client, including those transitioning from the 2<sup>nd</sup> Floor, with safe, clean short term accommodations. The client may access the suite for no more than 3 months and must have a clear plan for moving forward.

- In its first year, **Spirit Arms** was occupied on 3 occasions:
  - respite weekend
  - 3 month stay
  - 2 month stay



## Impact: Employment Support Services

Program designed to assist clients 16+ to enhance their quality of life, pursue appropriate employment goals, increase self-reliance and community participation. Coordinators works to improve the client's understanding of personal strengths and limitations, to have healthy leisure activities, to be physically healthy and have medical needs addressed.

Program further designed to support receptive Employers within the Lakeland to provide a successful employment opportunity to an adult with FASD.

- **2** coordinators | **39** participants
- Program expansion to all **4** offices
- **24** Mocktail events

# Building Dreams

2015 saw the beginning of the Build a Dream campaign: to build a multi-purpose building on the property at French Bay.

Due to the current economy the LCFASD reimagined the dream and construction began on the first of two log cabins in March 2016.

The first log cabin is expected to be ready for Camp 2016, bringing to an end our eight year partnership with the Girl Guides and Camp Cooida on Ethel Lake.

The new building will have a small mortgage and donations are sought in the form of specific goods, services, cash etc.



## Camp Snap Shot

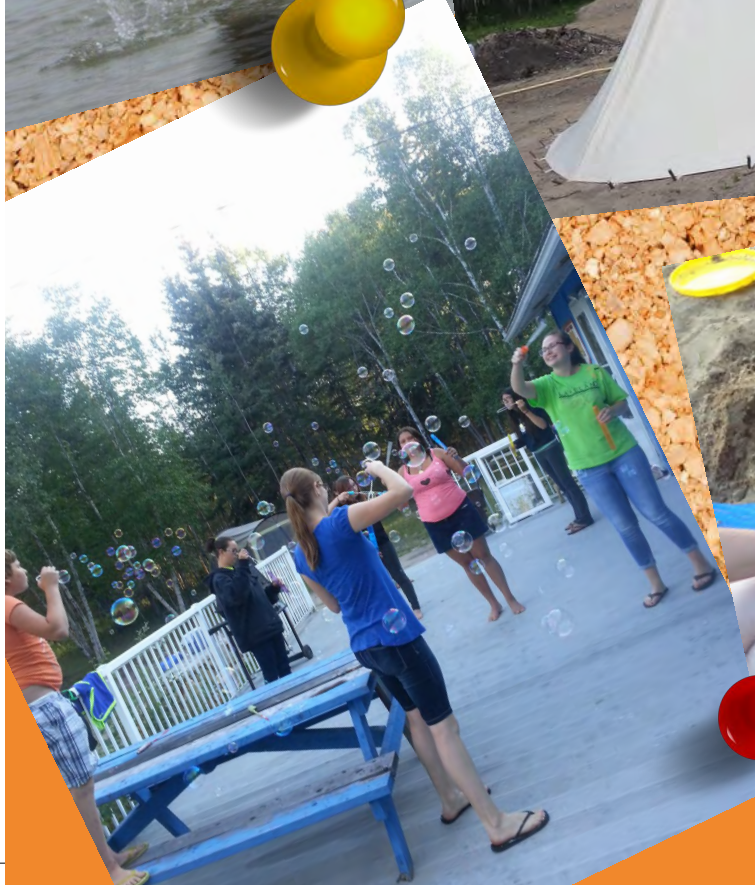
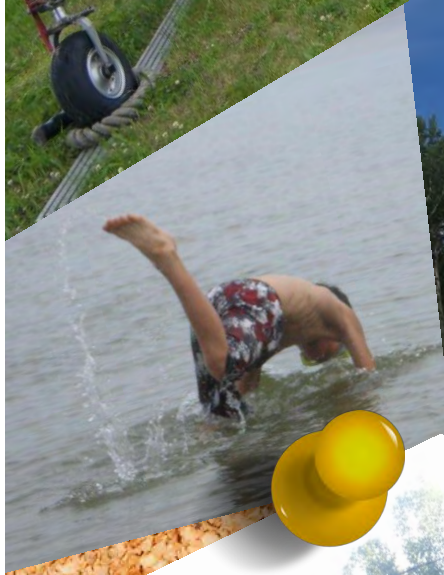
- 9<sup>th</sup> operating year
- 6 camps | 36 campers | 4 leaders
- Hourly Activities  
arts | crafts | outdoor activities | yoga  
canoeing | kayaking | cooking | drumming  
cultural events | nature adventures | movie nights
- 30+ field trips  
beach | fire hall | 4 Wing | RCMP | hatchery | pool
- ZERO incidents | video games | candy
- 2160 meals & snacks
- 100's of hours of fun

'This was my 3<sup>rd</sup> year at camp and I like the people because they accept me for me and I like the kayaking too.'

Camp 2015 participant

## Camp Wishlist

- Financial donations needed for:
- ✓ Bunkbeds & Mattresses
  - ✓ Kitchen appliances
  - ✓ Furniture
  - ✓ Dishes
  - ✓ Arts | crafts supplies
  - ✓ Canoes | kayaks | paddles



# Diagnostic

## MANY THANKS TO:

AHS      Allied Health      Mental Health & Addictions      Public Health  
Northeast Child & Family Services      Northern Lights School Division  
Alberta Works      Todd & Drake Law      2<sup>nd</sup> Floor Women's Recovery  
Northeast Persons with Developmental Disabilities Centre

for their in-kind donations & support of our Assessment & Diagnostic Clinics.

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A new Canadian guideline in FASD diagnosis was published in Canadian Medical Association Journal in February 2016. The new guideline was developed by a 14 member committee selected by the Canada FASD Research Network based on previous involvement with the 2005 guideline, expertise in FASD and expertise in areas of specific attention required throughout the diagnostic process. The committee was comprised of 4 psychologists, 3 researchers, 3 pediatricians, 1 social worker, 1 clinical geneticist, 1 FASD clinic coordinator and 1 parent of individuals living with FASD and included LCFASD's own ED, Audrey McFarlane.

Prior to its publication, the LCFASD trialed the new guideline in the child clinics during the second part of the fiscal year. As a result, the LCFASD was the first Assessment and Diagnostic Clinic to implement the guideline.

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Average of **40** individuals seen annually for the last **15** years

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P.J. Dechaine, Occupational Therapist.

## THANKS TO:

Dr. Hasu Rajani, Pediatrician  
Dr. Leigh Wincott, Pediatrician  
Dr. Brent Symes, Psychologist  
Dr. Monty Nelson, Psychologist  
Dr. Garth Stewart, Psychologist  
Dr. Mansfield Mela, Psychiatrist

for their ongoing commitment  
to our Diagnostic Clinic Team

# Services

## Diagnostic Clinic Training

The **Canadian Diagnostic Guideline, Fetal Alcohol Spectrum Disorder (FASD): A guideline for diagnosis across the lifespan (2015)** was officially published in the Canadian Medical Association Journal in February 2016. Previous to this many Diagnostic Clinics in Alberta, Saskatchewan, Ontario, NWT and Nunavut received training through the LCFASD and its Rajani FASD Assessment & Diagnostic Clinic Training Services program.

**11**  
training sessions  
**622**  
individuals trained  
**5**  
Provinces:  
NWT  
Ontario  
Alberta  
Nunavut  
Saskatchewan

Training provided

- Live
- Telehealth services sites

**4**  
in Saskatchewan  
**22**  
in Ontario

**11**  
categories of attendees

- Clinic coordinators
- Network coordinators
- Physicians (Pediatricians/GP's)
- Registered Psychologists
- Speech Language Pathologists
- Occupational Therapists
- RN's
- Gov't Employees
- Social Workers
- Intervention Workers/mentors



Clinic Coordinator Meeting, Edmonton, September 2015

# Awareness

## Social Media

**37**  
Website Visits

**144**  
Pages viewed

**95%**  
New visitors

**4**  
Pages viewed/visit

**00:02:18**  
Avg. visit length

*Web Stats for March 2016*

## FASD info Training

**32**  
Program Info Events

**26**  
FASD 101/201

**4**  
FASD & Justice

**9**  
Prevention Presentations

**1714**  
People reached

## Public Awareness

**82**  
Events

**1384**  
People reached

**24**  
Mocktail Events

**2628**  
People Served

**2**  
Ads on city buses

**900+**  
Avg. riders/month



**163** people attended  
**FASD: Making Sense of the Madness**  
with Jeff Noble

**177**  
Total events

**5395**  
Total people reached





# Perseverance: A Success Story

After nearly 7 months of persistence, self-advocating and determination, one of our adult clients was seen at clinic.

This kind, young man has faced many challenges including: switching and changing support workers, a lack of knowledge of family history, background, birth location and limited transportation. At times there were weekly phone check-ins to the Diagnostic team to see where his application was at.

He was recently able to attend clinic where some of his needs were addressed. The day of clinic, he arrived on time with a fairly new support worker and was anxious to get started. The psychologist asked him a few questions to help the client feel more comfortable and ready to begin. The client then told the psychologist that he had not had a chance to have breakfast and was hungry. He was given breakfast and the assessment begun. The day was long but he never gave up, giving it his undivided attention.

As a result of attending the clinic, he was able to: secure financial assistance through AISH, obtain a support worker through the Lakeland Centre for FASD, look into a healthy living environment and put the recommended supports in place. He has remained patient, positive and committed throughout this process.

This client has been described as caring, kind-hearted and industrious which shone through on clinic day. It was such a great feeling for the whole team to see the outcome for this young man and know he received the support and assistance he needs.

# Financial

Lakeland Centre for Fetal Alcohol Spectrum Disorder  
Statement of Revenues  
Year ended March 31, 2016

**Revenues:**

Cross Ministry Committee on FASD	\$2,036,053
Alberta Works	\$248,000
Métis FASD Network	\$371,048
Children Services	\$409,616
Complex Needs	\$127,657
Prevention Conversation	\$145,500
Donations	\$23,553
Fee for Service	\$89,067
Small Project Grants	\$47,586

**\$3,498,080**

# Snapshot

Lakeland Centre for Fetal Alcohol Spectrum Disorder  
Statement of Expenditures  
Year ended March 31, 2016

**Expenditures:**

Salaries	\$2,232,882
Travel	\$206,106
Administration	\$217,707
Building Expenses	\$95,310
Camp Building	\$76,158
Rent	\$82,178
Professional Development	\$37,182
Program Delivery	\$96,905
Physicians	\$183,147
Special Projects	\$107,102
	<b>\$3,334,677</b>
Contingency fund	<b>\$133,403</b>

# Thanks...

## OUR DONORS PROVIDE THE ABILITY TO ENHANCE PROGRAM SERVICES.

We at the LCFASD extend our gratitude and appreciation to all our generous supporters, who continue to make it possible for us to make the lives of our clients a little bit better.

- Dr. Hasu Rajani
- Holy Catholic Parish
- Enbridge
- Bonnyville Oil & Gas Show
- Western Community Foundation
- Lakeland Credit Union
- Cecile Dicker
- Sylvia Armbruster
- Elaine Wirges
- Lakeland Lions Club
- Kim Kachmarski
- Cenovus
- Coleen Manary
- Cenovus Employees
- Portage College Student Association St. Paul & Lac la Biche Campus'
- Mocktail Events
- Edna McKale

## TOGETHER, OUR DONORS RAISED MORE THAN \$33,000



■ General Use   ■ Art Group   ■ Camp   ■ MTBM   ■ 2nd Floor

Enbridge donation to MTBM



Cenovus donation to Art Therapy Program



Lakeland Credit Union Facebook Like Campaign



Lakeland Lions donation to Camp

so much...

# Milestones

## Service Awards



Candice Sutterfield~ 5 Years



Donna Fries~ 10 Years



Lisa Murphy~ 10 Years



Shelley Krok~ Retirement



Audrey McFarlane~ 15 Years

Blessing of the tipi erected at Camp Site, French Bay. Tipi available for all LCFASD programming from camp to the 2<sup>nd</sup> Floor and staff and community events.



Nomination  
Lakeland Non-Profit Business of the Year.



Contract signing  
with CLFN Dream Catcher Homes.



2016 Cold Lake Women of Influence committee members included the following LCFASD Employees: Audrey McFarlane, Katherine Lobb, Candice Sutterfield and Michele Huszar

# Special Events

Main Office  
4823 50<sup>th</sup> Street  
Cold Lake, AB T9M 1P1  
780.594.9905 1.877.594.5454

**Lakeland Centre for**

**F**

**A**

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**Fetal Alcohol Spectrum Disorder**



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