

### **Fetal Alcohol Syndrome Disorder**

In 2004 FASD programming and services at the Regina Community Clinic began with a grant from Federal Youth Justice. This 2-year pilot-project involved young offenders and FASD with the intent of offering assessments from which pragmatic plans could be developed in the hopes of limiting future criminal involvement. The young offenders referred to the program were usually designated as high risk with a lengthy criminal history. This grant ended in May 2006 with approximately 40 young offenders receiving service during that time.

Programming and services for people with FASD continues with a FASD case coordinator/manager acting as a resource for these youth and their families, social workers and youth workers, and any other professionals who may be involved with a youth's wellbeing.

In 2005, The Regina Community Clinic made the FASD programming a permanent entity and the FASD Centre came into being. The FASD Centre continues to assist youth and adults in custody, as well as youth and adults generally, who seek support and services related to FASD.

Current projects offers through the FASD Centre include:

### **Healthy Living Program**

This is a new project running until March 31 2008. It offers support to families/caregivers who have a teen with BOTH an FASD and an addiction to drugs or alcohol. Small regular group sessions are held for the teens coupled with support to the family during the recovery process. Recovery is a life-long journey and it is hoped that after several months of intensive support that the families and individuals will be able to see signs of success and have confidence in the strategies developed and practiced.

### **Supports for adults with FASD who are seeking employment:**

Funded by Service Canada this unique project provides adults with one-to-one support while they are looking for work, and after they are employed. During the first year, Service Canada funding provided for one part-time staff and five adult FASD assessments. This second and current year, Service Canada continued to provide funding for one of part-time staff; EAPD (SaskLearning) covered the cost of assessments for another five adults.

**Life Skills for individuals with FASD:** Three one-year grants from the Social Development Fund from the City of Regina have enabled the FASD Centre to offer a unique life skills service to youth and adults with FASD. The staff position is 'casual' due to limited funding dollars. The programming is proving successful in offering individualized services based upon the principle of putting the needs of the client first and developing personalized supports and strategies. There is ample room for growth in this program should long-term funding become available.

**Art program:**

With a grant from the Saskatchewan Lotteries Association the FASD Centre is offering a two-short-term (3 months) drop-in art program for children (ages 10-15) and adults (ages 16 and up). Dates to be determined

**Education and Support for professionals and families:** The Public Health Agency of Canada has provided small grants to the FASD Centre. These grants are dedicated to education and support for families and professionals who are involved with families impacted by FASD throughout southern Saskatchewan, and we have started creating an information/resource centre.

**Supported Housing for persons with FASD:**

The Regina Community Clinic was involved in the first two years of the NHI initiative exploring housing needs for individuals with FASD within Regina. The current project, the development of a supported housing project for individuals and families with FASD, is facilitated by Aboriginal Family Services. There is a partnership between Regina Community Clinic and Aboriginal Family Services who demonstrate a keen interest in becoming more involved with issues and support around FASD.

**Support for Trainers:**

The FASD Centre developed a follow-up support plan for individuals who received 'WeCares Training' and 'Train the Trainer' training from Ehrlo Community Services in 2005-2006. That project evolved from the NHI Housing Research Project. Community feedback demonstrated that many of the trainees wanted some form of on-going information and the FASD Centre responded by setting up informal sessions for six months that were attended by professionals from a number of agencies. If anyone is interested in re-visiting their training, just call us.

**Fundraising:**

The staff and volunteers at the Regina Community Clinic continue to ongoing steak nights and annual golf tournaments to raise funds that are used to support the assessments and programs that the FASD Centre offers. Their dedication is greatly appreciated by staff and by the families and individuals who are able to access assessments and programming.