

FASD NEWS

A COMPILATION OF CURRENT EVENTS
SPRING 2008

FASD Centre
at the
Regina Community Clinic

The FASD Centre at the Regina Community Clinic is dedicated to helping people in Southern Saskatchewan who are living with the effects of FASD. FASD is a disability that impacts every community. If you think we can help, or have questions, call 306-543-7880 x268.

FASD: are we doing all we can?

Every now and then we seem to hit a brick wall in developing understanding about this particular disability. There are many individuals and community agencies that fully understand the unique needs of individuals with this disability. However, there also remains this cord of resistance not found within other disabilities.

Every woman wants to be healthy during pregnancy and have a healthy baby; sometimes a woman may just need a little help to do so. Healthy pregnancies are to be encouraged which include abstinence from alcohol and tobacco, good nutrition, exercise and living in an environment of love and respect. If a woman is struggling to be healthy during her pregnancy there are many resources in our community that she can reach out to for support and ideas.

However, despite these efforts, babies are born with FASD. Conservative estimates are 90 individuals per 10,000 are born with a FASD. 40 individuals per 10,000 will be impacted by a disorder under the autism spectrum. 11 women per 10,000 women will develop breast cancer. 1.2 per 10,000 people will be diagnosed with HIV/AIDS. As a health concern and disability FASD is impacting our societies more significantly than we may realize. It is the leading cause of mental retardation in Canada and around the world. Sometimes FASD is apparent at birth and sometimes it is not apparent until years later. This is one of the most challenging aspects in understanding this disability.

A diagnosis can help build understanding. With a diagnosis families can begin to learn what supports the child will need as they grow into adults. Families can begin to heal themselves, as they understand themselves, their responses to the child, and the child who is impacted. With adults who have a FASD, agencies and individuals can better understand what supports are needed to increase the potential for a successful and healthy life.

If you have some ideas of what we should be doing as a community, please feel free to contact us by email or attend one of our monthly community meetings. They're held the last Tuesday of each month from 9:00-11:00AM at Four Directions Community Clinic. See upcoming events at the end of the newsletter for more information.

AFS mentorship program for adults with FASD or other Cognitive Disabilities

This project is for individuals who are 18 years of age and older who either have a diagnosis of FASD or there is reasonable cause to believe that they have FASD, or another cognitive disability. The individuals may be single, or have a family of their own. Aboriginal Family Services has a team of support workers that will offer personalized services for individuals. For an application form or information contact: David Bird, Co-Coordinator at 525-4161

NEW service from the FASD Centre at Regina Community Clinic

We are delighted to announce that we are able to offer a Respite Service thanks to the Community Initiatives Grant committee that approved our application.

Briefly, the service is for scheduled respite for children aged 11-19 years of age. Please note that this is not emergency respite.

If you would like more information about the service please call Cheryl at 543-7880 x268.

need information about a FASD assessment or diagnosis?

Child and Youth Services

If the assessment is for a child or youth, call intake at Child and Youth for information and they will answer any questions about their services.

The contact number is **766-6762**.

FASD Centre at Regina Community Clinic

If you are seeking an assessment for a child, youth or adult, call The FASD Centre at **543-7880 x268**. The coordinator can answer your questions and can book all necessary appointments, and follow-up.

cognitive disability strategy (CDS)

The CDS offers families or individuals who are living with cognitive disabilities, options for support to meet unmet needs. For more information about the CDS call Ryan Labatt or Denise Swallow, Community Consultant at Ehrlo Community Services at 751-5659

local prevention and educational DVD being produced

Thanks to a generous grant from The Co-operators (1920 College Avenue) the FASD Centre is working with a local producer to create a DVD that supports prevention of fetal alcohol disorders. Accompanying the DVD will be a learning module that can be used to facilitate discussion about healthy pregnancies and the impact of alcohol upon the unborn child, the developing child and adults and their families. The DVD will be 'unveiled' during September Awareness. If you'd like more information, please email: fasd@reginacommunityclinic.ca

upcoming events

June 24 2008

Monthly community meeting at Four-Directions (9:00 – 11:00). Call Lisa at 766-7549 or Cheryl at 543-7880 x268 for more information. Everyone is invited.

September 9 – International FASD Awareness Day

This year we are working on both September 9th as the International Awareness Day for FASD, and also developing a number of events throughout the month of September to build awareness about prevention and supports. If you are interested in learning more or might like to volunteer on a committee, please call Lisa 766-7549 or Cheryl 543-7880 x268.

September 16 2008

FASD Awareness and Fundraiser for SCEPTOR. At SOHO's. More information to follow.

Parent Support Group continues to meet every other Tuesday evening at the Regina Community Clinic. For dates and times contact Marion Tudor at 731-2768