

FASD NEWS

A COMPILATION OF CURRENT EVENTS
SPRING 2007

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.

quick facts: FASD prevalence and prevention in Canada common questions & answers from AADAC's website.

The rate of fetal alcohol syndrome (FAS) is estimated to be 1 to 3 per 1000 births.

It is estimated that 1 to 3 babies per 1000 births is affected with FAS and that every day, one child with FAS is born in Canada.

Why is it important to know how many people have FAS or FASD?

Information about the pervasiveness of FAS and FASD is important in identifying the scope of prevention and intervention services needed by those affected by FAS or FASD or women who are at risk of having a child affected with FAS or FASD. For further information on alcohol use during pregnancy, please consult AADAC's Help Guide for Professionals or [Women and Substance Use Information Series](#).

If I'm pregnant, how much can I drink?

No one knows for sure how much alcohol is safe for a pregnant woman to drink. Most doctors and researchers say that it's safest not to drink if you're pregnant and while breastfeeding (since alcohol is passed to the baby through breast milk). No alcohol is best.

Is drinking at certain times during my pregnancy safer than at other times?

Right now, research doesn't indicate a safe time. Since the fetus is growing all through the pregnancy, alcohol might cause harm at any time. A baby can also be affected by alcohol passed through breast milk.

I'm pregnant and I think I may have a drinking problem. What can I do?

Remember that it is never too late to stop drinking. At any time in your pregnancy, cutting back on how much you drink, or stopping altogether, will help. If you are having trouble controlling your drinking or stopping, seek help. You may also want to talk to your doctor or community health nurse about alcohol and pregnancy.

Is it okay to drink beer or wine, just not hard liquor?

No. A bottle of beer, a glass of wine, and a shot of liquor all have the same amounts of alcohol in them. So all of them have the same effect on you and your baby.

Which is more harmful to my baby - to continue using alcohol and drugs or to withdraw from them?

It's different for every drug (including alcohol and tobacco). To find out for sure, ask a doctor, pharmacist, or community health nurse.

Update on the AFS mentorship program for adults with FASD: a supported housing project

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. 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 contact: David Bird, Co-Coordinator at 525-4161

Regina FASD community network

We are an intersectoral group of parents and agencies of approximately 25 members who meet monthly and work in partnership to define goals and objective:

- in partnerships with Regina Community Clinic and to develop The FASD Clinic while building and maintaining capacity
- build strategies and supports for families and people living with FASD
- create easy access to services for people and families affected by FASD
- provide a knowledge base for individuals and groups on FASD to create greater public awareness, commitment and supports for people and families living with FASD
- Support network members and partners to maintain dedication and enhance support.

Please note: Monthly meetings are held at 4-Directions Community Clinic on the last **THURSDAY** of each month from 9:00AM-11:00AM. Please feel free to drop in or for more information contact: Lisa Workman (co-chair) at 766-7546 or Cheryl Charron (co-chair) at 543-7880.

need information to access a FASD assessment?

There are two options: 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**.

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.

Regina FASD parent/caregiver support group

When: 2nd and 4th Tuesday of each month, 6:30 – 8:30pm
Where: Regina Community Clinic, 1106 Winnipeg St
Who: parents and caregivers of individuals with FASD (diagnosed or not)
Why: for sharing, education, discussion and support

For more information contact **Marion at 731 2768**

If you are a parent/caregiver unable to attend on a regular basis but would like information about educational sessions and speakers, your name could be added to our e-mailing list.

cognitive disability strategy (CDS)

The CDS offers families or individuals, living with cognitive disabilities, options for support. For more information about the CDS call Ryan Labatt, Community Consultant at Ehrlo Community Services at 751-5659

update from Regina Community Clinic

It's that time of year again when grant proposal writing takes over the FASD Centre causing a significant increase in caffeine intake. We've applied for several grants that will either allow us to continue some of our programs or offer new services.

Currently our Life Skills and Art Program for people with FASD will be drawing to a close at the end of March and plans are underway to transfer support for these individuals to the Case Coordinator unless the grant application are approved, allowing the programs to continue. These programs are both funded by different grants from the City of Regina.

Our Employment Support Program is also waiting for confirmation that we may be able to continue and that program is supported by Service Canada.

This is a challenging time of year for many organizations that rely on grants to continue the much-needed work that they are doing. We are thankful to the support from individuals and agencies that we receive in either financial aid or comments and support letters that re-affirm that we are meeting some of the needs of our community.

NEW SERVICE: The FASD Centre is also developing a service for adults who are in the process of transitioning from jail into the community, and will continue to work with young offenders who are in need of support to facilitate their transition back into the community. These programs are not dependent upon grants and are being incorporated into the supports already offered by the FASD Centre. Contact Cheryl: 543-7880 x268.

employer handbook ...

This handbook was created in response to a growing need to tell prospective employers about FASD thus enabling them to create a work environment that might accommodate those with the disorder. Many people with FASD are able to be contributing members of society and an asset to an employer with the proper supports in place. This handbook gives strategies and information to enable the prospective employer to provide this needed supports. It will be ready in the month of September and can be obtained at the clinic by calling Shelley, the employment support coordinator at 543-7880 x233 or emailing sbrown@reginacommunityclinic.ca

conferences:

2nd International Conference on Fetal Alcohol Spectrum Disorder: Research, Policy and Practice Around the World March 7 – 10 2007
Victoria Conference Centre
720 Douglas Street
Victoria BC
Contact: www.interprofessional.ubc.ca

information sessions

Supported Employment Sessions
May 31 2007

Regina Public School Board - Board Room

A panel of supported employment agencies to present information about their services and programs that support adults with FASD who are seeking employment
More information to follow. Contact Cheryl at 543-7880 x268.,