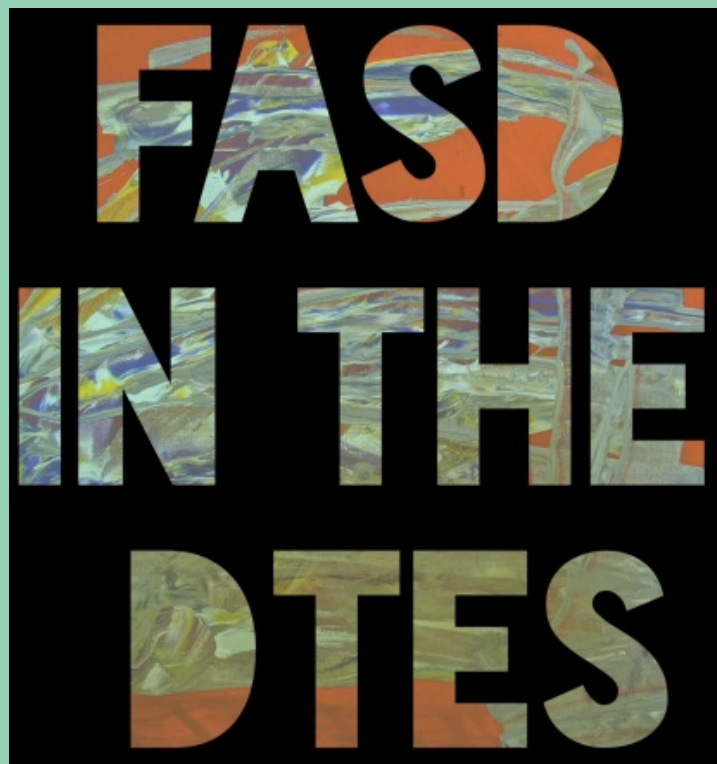


ACCOMMODATING

FETAL ALCOHOL SPECTRUM DISORDERS:

STRATEGIES, SKILLS & SUPPORT

PRESENTED BY:



ACKNOWLEDGEMENTS:



Vancouver Native Health Society



ABOUT THE CONFERENCE

After the success of the 2014 Hearts and Minds conference the organizing committee of FASD in the DTES Conference are happy to announce the second annual Accommodating Fetal Alcohol Spectrum Disorders 2015: Strategies, Skills, & Support conference.

Front-line and primary care professionals working in Vancouver's Downtown Eastside (DTES) work to support clients who face living with an FASD, the difficulties of this compounded by co-occurring issues including addictions, mental health, and complex trauma to name just a couple. In order to better serve these clients, the knowledge of best practices in regards to relationship and engagement, understanding behaviour and developing effective interventions is crucial. This conference will focus on providing insight into the struggles that individuals living with FASD and other neurobehavioral disabilities face, while providing relevant and practical information for working with and alongside these individuals. The overarching goal of the conference is to provide skills and strategies that will support service providers to become an FASD-informed resource by providing inclusive and accommodative programming.

CONFERENCE GOALS

- Providing a space for service provider networking.
- Providing knowledge of services/resources.
- Creating dialogue on the root causes underlying challenging behaviour exhibited by individuals with FASD, and other neurobehavioural disabilities, including Attachment Disorders, Sensory Disorders, and complex trauma.
- Facilitating improved outcomes for marginalized individuals living with these disabilities through education and skills introduction.

SCHEDULE

9:00-9:30 // Registration

9:30 – 9:40 // Opening Ceremony

Coast Salish Opening Ceremony with Eugene Harry

9:40 – 10:00 // Opening Speech

Dr. Sterling Clarren, MD, FAAP

Scientific Director, CanFASD Research

Dr. Sterling Clarren has over 40 years' experience researching FASD, and has been instrumental in helping to establish the definitions of Fetal Alcohol Syndrome and Fetal Alcohol Effects. Dr. Clarren played a key role in developing the currently used diagnostic systems for detecting FASD. He directed the CanFASD Research Network's prevention and intervention programming for 10 years.

10:00 – 10:15 // Break

10:15 – 11:45 // Keynote Presentation

Dr. Laurie Cox

Re-balancing the Wheel: A Practical Approach to Healing

This will be a practical session introducing practical approaches and tools to work with school age and adult populations with FASD who have also experienced high levels of generational and family trauma and socio-economic stress.

From the perspective of western science FASD is an incurable condition—a 'disorder' that is caused by a mother's drinking when she is pregnant and for which there is no 'treatment'. In my work in Elsipogtog FN I have come to the realization that it is more helpful to consider FASD as a 'dis-ordering'—a condition that has as much to do with generational trauma and socio-economic factors as it does with maternal drinking. From this perspective, informed by the elders in the community, healing of individuals who have been prenatally exposed to alcohol comes about through the restoration of balanced relationships on many levels--the relationship of the individual to themselves, to their families and friends, to the world around them and to creator.

When FASD is seen in this light we become mentors, advocates and allies and our work as service providers is to help an individual with FASD re-connect on all these levels. Science tells us that there is no cure for FASD but I have learned that there is healing. Individuals with FASD have a wide range of gifts and abilities but they have difficulty putting their abilities to work in the world. Over the years in the FN community where I work we have developed many tools and many programs that have helped individuals with FASD to go on and lead successful lives.

PRESENTER BIO:

Lori Cox, PhD, is the Clinical Coordinator at Eastern Door Diagnostic Team for Fetal Alcohol Spectrum Disorder Related Conditions and the Director at Nogemag Healing Lodge. Lori has been active in FASD research, diagnosis, and intervention for many years. She has also traveled throughout the country giving numerous training workshops on FASD to diverse groups.

11:45 – 12:15 //Panel Presentation

Breaking the Stigma: Adults With an FASD

Panelists: Mai Eagle Speaker, Quyetness To-Eaglespeaker, Kelly Elliot, Linda Tallio, Dennis Jr. Tallio

We will be hearing the stories and lessons that this incredible panel of individuals living with an FASD have to share with their own community. Their resilience will be our inspiration as they describe what has, and what has not, worked for them and how they have had the strength to face and overcome the many obstacles that they have encountered in life.

12:15 to 1:15 // Catered Lunch Break

1:30 - 2:30 pm // Afternoon Breakout Sessions

Breakout Session 1

Eye of the Tiger - Bernadette O'Donnell, M.Ed.

As an innovative project, a non-traditional, weekly support group for adults with FASD has now operated for five years with outstanding success. "Success" is measured by the ability of the participants to live independently, self advocate for their personal needs and empower themselves by recognizing how FASD plays out in their personal lives. - This presentation will demonstrate the curriculum covered (e.g. of topics: self advocacy skills, budgeting, justice, meal planning and preparation, healthy relationships, communication, accessing community supports and building a healthy life style), the process of delivery and the results of the five-year project. - Results have demonstrated that participation resulted in individuals having a better understanding of FASD and their personal strengths – all of which contribute to an independent healthy life style. Format: interactive presentation. As well, if funding permits, some participants who participated in the project will host a panel discussion and field questions.

PRESENTER BIO:

For the past 3 years, Bernadette has been coordinating the "Extended FASD Support Project" at the Calgary John Howard Society in Alberta where she demonstrated and modeled advocating, networking and building communities of support around clients who were or were at risk of being involved with the criminal justice system. The mental health of clients, their substance abuse issues, homelessness, involvement with the criminal justice system, crime reduction and restorative justice were prominent issues that she skillfully addressed for the Crown Prosecutor, lawyers, probation and parole officers as well as other support agencies in the Calgary community. As well as delivering FASD training to front line service workers and justice personnel in the city of Calgary, she hosted a weekly non-traditional support group for adults with FASD. The University of Calgary Faculty of Family Medicine resident doctors participate in this group as part of their required educational program. In 2013 she was awarded the Ramsey Award, which is presented to the one individual who made the most significant contribution to the Calgary John Howard throughout the year.

1:30 - 2:30 pm // Afternoon Breakout Sessions

Breakout Session 2

Mental Health and Addictions Treatment for Individuals with FASD: What Works and What Does Not Work - Natascha Lawrence & Robyn Matthews

It is well documented that individuals with Fetal Alcohol Spectrum Disorder (FASD) have many co-occurring mental health and addiction issues. Some of these issues can be attributed to their primary disability, while others are considered secondary conditions. However, many of the behaviours attributed to FASD can present similarly to many psychiatric diagnoses. It is not uncommon for individuals with and suspected of FASD to be diagnosed with multiple mental health conditions. Some common diagnoses can include depression, anxiety, oppositional defiant disorder, reactive attachment disorder, Attention Deficit Hyperactivity Disorder, borderline personality disorder, and substance use disorders. For many individuals with FASD, when they approach mental health and addictions specialists and professionals they are treated only for their primary presenting issue. It is our argument that all interventions need to be formulated with the understanding of an individual's disability: their strengths and weaknesses. It is our hope that during this presentation we will be able to provide strategies and tips ranging from simple strategies, such as how to schedule appointments, to treatment modalities.

PRESENTER BIOS:

Natascha Lawrence, M.A., R.C.C., is a registered clinical counsellor who works in private practice providing FASD specific counselling and consultation services. Natascha has worked in various settings in mental health and addictions and is a caregiver to child with FASD. It is her passion to develop specific mental health interventions for child, youth, adults and their families affected by FASD.

Robyn Mathews, B.A., is an addictions counsellor and the Family and Community Support Coordinator for the Youth Justice FASD Program with the Asante Centre. Robyn's role at the Asante Centre is multifaceted, in that she provides wrap-around support to youth and their families throughout the entire FASD assessment process, she is actively involved in the development of resources and community education, and she passionately contributes to research and development. Robyn's innovative strength based approach towards working with youth and their families has a positive impact on the community further facilitating awareness, education, support and understanding surrounding FASD.

1:30 - 2:30 pm // Afternoon Breakout Sessions

Breakout Session 3

Breaking Through the Barriers: Supporting Youth With FASD Who Have Substance Use Challenges - Dr. Maya Peled, PhD (MCS, BC)

This presentation will share results from our mixed-methods study on risks and service barriers that youth with FASD have experienced, as well as effective supports for reducing their substance use and other risk behaviours and fostering their healthy transition to adulthood. Fifty young people with FASD were interviewed for their perspectives. Caregivers and service providers who work with youth with FASD were also interviewed. In addition, the project included data analysis from anonymous youth self-report surveys. This presentation will share the findings, including participants' recommendations on how best to support young people with FASD.

PRESENTER BIO:

Dr. Maya Peled is Director of Evaluation at McCreary Centre Society. In addition to leading the external program evaluations, she is involved in a number of applied research projects, including those with a focus on FASD. McCreary Centre is a non-profit agency in Vancouver, BC that carries out community based research, evaluation and youth-led initiatives to promote the healthy development of young people across the province.

1:30 - 2:30 pm // Afternoon Breakout Sessions

Breakout Session 4

Wolf Song Healing Farm

Jenelle McMillan, Indigenous Chemical Addictions Specialist III, BGS, FASD
& Trauma Counsellor

Wolf Song Healing Farm (WSHF) is a back to the land experience for adults with an FASD who would like to live in a supported community that is drug and alcohol free. Therapeutic support is provided as needed and learning to work and live with a variety of animals is a fundamental part of WSHF. We share cultural and traditional life skills to those who participate here. We teach how to live off the land with fruits, vegetables, weeds, mushrooms, grasses and other life sustaining produce grown by Mother Nature. We share hunting and fishing techniques so no one ever has to go hungry again. We teach how to preserve the foods and live in tune with the seasons. We also teach trade skills such as animal husbandry, butchering for personal use, preserving foods, working in a sawmill, carpentry, minor car repairs, general property maintenance, traditional arts and crafts, gardening and working as part of a collective team. Through trial and error we have learned how to make this work on a small scale and are willing to share with others how to create a sustainable resource for adults living with an FASD in your own community.

PRESENTER BIO:

Jenelle is a birth mother of a 25 year old son with an FASD and an adoptive mother of 2 adult daughters each with an FASD. She has spent her adult life learning and practicing what she has been taught by her children and the many communities that she has worked in and with. She worked to develop college level courses on FASD as well as facilitated and taught them in communities across Canada. She has traveled extensively to other countries such as New Zealand, the Cook Islands, and the USA, sharing cultural teachings and her experiences as a parent, a counsellor and a teacher. Jenelle works specifically with individuals and their families who have an FASD and provides supportive parenting, lifeskills, trauma counselling and connection to community supports and resources.

2:30 - 3:00 // Coffee Break

3:00 - 3:45 // Panel Presentation

Working Together, Differently

Panelists: C. Corriveau (Lawyer), C. Look (Doctor) and guests.

Adults with FASD often have difficulties making choices. The buzz-word in brain science is “executive function” and includes problems with transitions, organization, and focus. This is often misinterpreted as ADHD. Sleep issues and sensory sensitivities (like sounds, smells, touch, and taste) may interfere with every-day living. Anxiety, depression and “melt downs” may interfere even more with social communication and adaptive skills. Tasks that are full of too many words are often confusing. Short-term memory may be weaker than remembering important things from the past. These challenges may lead to frequent “misunderstanding and being misunderstood”, for example at the health clinic, a housing office, with your lawyer, or in front of a judge or the police.

However the many challenges, people with FASD are also people with many gifts and strengths. Some professionals forget or may not know how to recognize and work better with the strengths that persons with FASD possess. These can include but are not limited to: strong (non-verbal) perceptual reasoning skills (the ability “to see and do” and to figure things out by looking at them), the ability to trust, and show compassion and empathy for others in need, to work with their hands, to sing, to draw, to dance, to play music, to work with children and seniors, and a special (non-verbal) skill for working with rescued animals. Many adults with FASD have developed a unique resiliency, despite early life adversity, multiple losses and years of being misunderstood. A recent alliance of teens and adults with FASD who have gathered each year at the Vancouver FASD conferences are determined to “find a solution to FASD through Friendships, Acceptance, Support and Dignity”.

This panel will provide a chance for frontline experts to share their “pearls” from years of experience. It will focus on how to be more effective in engaging, communicating, developing trust, and maintaining a respectful alliance with their clients as “allies”, to better advocate for improved services and supports.

3:45 - 4:30 // Presentation

How The Relationship is Key

Presenting: Paul Thompson and Glenda Jansen

Paul and Glenda will share their lived experiences as both an individual living with an FASD who has been navigating homelessness, incarcerations and trauma as well as that of a woman working to support an individual through, and out of, these situations. Their back and forth presentation style will highlight the critical importance of relationship in supporting positive outcomes.

PRESENTER BIOS:

Paul is 49 yrs old and was diagnosed with FASD as an adult. Paul can tell you he lived undiagnosed with the effects of FASD for more than 40 years, of which 30 were lived on the streets or in the prison system. He also lived with childhood trauma which affected many areas of his life. In 2009 his life was about to change as he met Glenda and her husband at a Sunday dinner outreach to the homeless. Paul moved in with Glenda and her family for 18 tumultuous months and Glenda was instrumental in Paul's adult diagnosis, as well as continuing to advocate and support Paul.

Glenda has worked with Special Needs individuals for the past 12 yrs, the past 9 as a Special Ed Assistant at an independent private school. The past four years she followed a student with FASD from grade 5-8 which was extremely rewarding. Glenda attends workshops and conferences to further educate herself on a subject she has become passionate about. Glenda and Paul have presented on their experiences together to keyworkers, teachers and middle school students and Paul has spoken on several panels. In the past year they have traveled twice to Nunavik Que to speak to elders and young people from the 14 different communities, on FASD and its effects....Paul on his life living with the effects of FASD before and after diagnosis, and Glenda gave a brief overview of the cause, and its effects/strategies and the importance of relationship, support and advocacy.

4:30 – 4:45 // Closing Ceremony

Four Fires Society

Closing Drum Group

Minga Marketplace:

The resource centre for FASD and related disabilities

Minga will be at the conference offering their comprehensive selection of FASD related resources and products including books, and published articles. Minga Marketplace is a social enterprise and their sales generate revenue for the FASD Society of BC.

PROGRAM HIGHLIGHTS

Table Presentations will be available throughout the day, highlighting programs and organizations that are working with FASD affected individuals.

John Howard Society of the Lower Mainland

FASD Collaboration Roundtable

Asante Centre

Minga Marketplace

Forest and the Femme

First Nations Health Authority

**Through an Aboriginal Lens-Native Courtworkers & Counselling
Association of BC**

NeuroDevNet

Legal Services Society

Community Living British Columbia

Sheway

Crabtree Corner

Watari Counselling & Support Services

RICHER Social Pediatrics Program

CONFERENCE INFORMATION

Cost: \$25 registration ends October 11, 2015

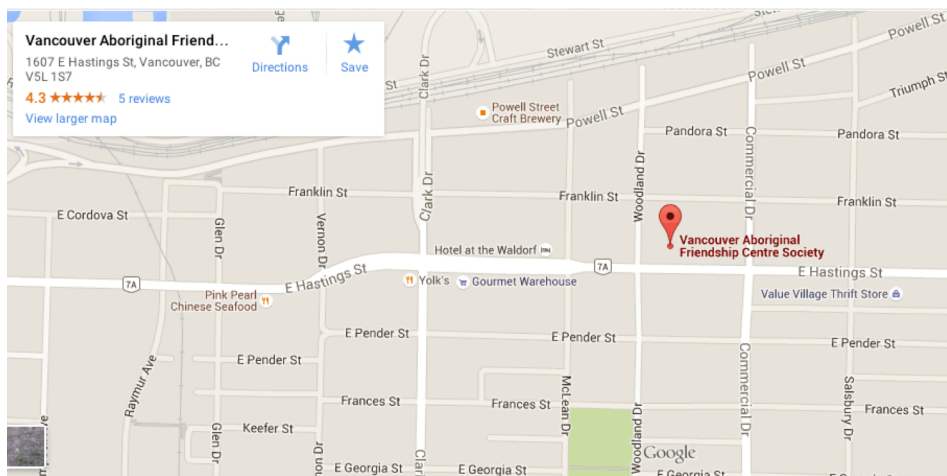
Eventbrite Payments: <http://fasd-in-the-dtes-conference-2015.eventbrite.ca>

Catered lunch and coffee/tea are included with registration

Date: October 15th, 2015

Time: 9am – 4:45 pm

Location: Vancouver Aboriginal Friendship Centre
1607 East Hastings Street,
Vancouver BC



Wheelchair
accessible on
main floor only.
Please see
website for
more details.

Parking is available on the streets surrounding the Vancouver Aboriginal Friendship Centre but is extremely limited. We highly recommend taking transit to the event.

The Centre is accessible by transit and the following bus stops are located on the same block: 135, 16, 20 & 14. See translink.ca for trip planning.

Please direct any questions to fasdinthedtes@gmail.com

www.fasdinthedtes.com