



# Rajani FASD Assessment & Diagnostic Clinic Training Services

*LINKS: A Newsletter for Alberta FASD Diagnostic Clinics*

## Adapt, Adjust, Accommodate

Our world has changed. Social distance, COVID and Pandemic weren't words that were in our vocabulary in January, but are part of our vernacular since March. Adapting, adjusting and accommodating can be challenging, stressful and demanding. During this time, I hope you can realize possibilities and opportunities as you continue to balance health and safety for you and others you work with; develop a comfort level navigating new ways to communicate virtually ; practice empathy for those who are adjusting due to COVID 19 and as you learn new ways to deliver services to clients and their families over the future months.

There is change within the Rajani Clinic Training Project as well. Over the past few years, Amber Bell has been assisting our program by providing support for key events, such as Community of Practice meetings, and more recently, the Telehealth Pilot Project. She has presented at the annual clinic coordinator meeting this past September, as well as the recent **Introduction to Virtual Options for FASD Clinics** , via Zoom. Amber will take the lead with Links Newsletters, as our project adapts, adjusts and accommodates to an ever increasing work load, requests for training, resources, mentorship and research. This Newsletter is a joint effort, as Amber takes the reigns of putting June Links together. We will work as a team, continuing to adapt as new resources, training delivery modes and best practices are developed.

**Colleen Burns**

It's been a pleasure to work with the Rajani Clinic Training Services team for the past 2 years. Opportunities to develop clinic resources, coordinate and be involved with pilot projects, and facilitating shared learning opportunities for clinic team members is truly a dream job! The strength of this project relies on the collaborative spirit, strong provincial clinic connections, the willingness to apply new learnings, increase clinic efficiencies and ultimately provide the best services for children, youth, adults and families. As such, I am excited to continue the great work that involves all of you, with the goal to keep everyone connected and informed of current and relevant resources, upcoming webinars and training events, and clinics news and highlights.

I hope summer presents opportunities for you to reflect, breathe, and rejuvenate – all essential components to staying safe, healthy and well.

**Amber Bell**

## INSIDE THIS ISSUE...

June 2020 Vol. 36

- Zoom Information Highlight
- Clinic Highlights: Bridges Family Programs, NDC Clinic
- Crystal's Miracle Minute Tips
- On-line Training, Webinars & Conferences
- Links & Such



## Zoom Information Highlight

### An Introduction to Virtual Options for FASD Assessment and Diagnosis

Submitted by: Colleen Burns

On May 21, 2020 the Rajani Clinic Training Project offered the first of two Zoom information sessions for FASD clinicians and coordinators on Virtual Options for FASD Assessment and Diagnosis. The second session was on June 11<sup>th</sup>, due to requests to offer the session for attendees across Canada, as well as those in Australia and New Zealand. These two countries use FASD diagnostic guidelines that are similar to our Canadian Guideline. Overall attendance from the two sessions was almost 300 individuals. This speaks in part to the necessity of options to deliver FASD assessment and diagnostic clinic processes as a result of the current pandemic situation. In May 2020, the Rajani Clinic Training Project had completed a one-year pilot project that saw six pediatric referrals to FASD clinics in rural Alberta complete the assessment and diagnostic clinic process using a virtual platform. This pilot was initiated prior to COVID 19, as clinics look for increased efficiencies, ways to deliver services to meet needs of individuals in remote, rural communities, and the necessity of having trained, experienced clinicians travel from urban regions to more remote areas to deliver services. As the articles below indicate, Canada is a global leader in live video conferencing, with more site networks developed over past years.

Feedback and surveys from those involved with the pilot project are essential, as well as from other clinics who are using virtual platforms to deliver assessment and diagnostic clinic processes. Your concerns and insight are valuable as we continually develop best practices, resources, TIPS sheets and training for all involved. Any new way of doing things is a shift and solutions-based process. Each clinic is unique in how they deliver services in their region, including: team composition, location of core clinicians; clinic schedules; budgets and managing wait lists. Changes in service delivery models due to COVID 19, as well as increased comfort levels using virtual platforms, will allow clinics to evaluate and assess options. This could increase access to services, decrease travel from clients' home communities, and could increase case consult with team members and clinician time spent with caregivers and clients. We understand there are challenges that will be specific to each clinic as they utilize new options and adapt to new technology. Hopefully, along with the challenges, there will be opportunity to discuss innovative practices that can increase success or adaptations.

<https://www.infoway-inforoute.ca/en/component/edocman/334-telehealth-benefits-and-adoption-connecting-people-and-providers-summary/view-document?Itemid=0>

<https://www.infoway-inforoute.ca/en/component/edocman/3819-analysis-of-the-current-and-potential-benefits-of-virtual-care-in-canada/view-document?Itemid=101>



## FASD Assessment and Support Services, Bridges Family Programs, Medicine Hat, AB

Submitted by: Louisa Clapper

The Neurodevelopmental Clinic for SE Alberta continues to partner with Dr. Fida (paediatrician), Dr. Elkind (GP), Dr. Jerry (Psychologist), Carolyn Maynes (SLP-AHS), and Shannon Lee-Clark (OT-AHS). This year, Louisa Clapper returned as Programs Manager from maternity leave, and the team welcomed 2 new FASD Clinic Coordinator/Consultants (CC/C) and a new paediatrician. Here is some information about our team members!

Dr. Abdelhamid graduated with Excellent with Honours from Faculty of Medicine, Cairo University in 2003. She did her Internship training followed by Pediatrics Postgraduate training in Cairo University Hospitals, the largest tertiary care facility in Egypt. She joined the Centre of Pediatric Nephrology and Transplantation at Mounira Children Hospital for a fellowship in 2009-2010, and worked as General Pediatrician with special interest in Pediatrics Nephrology since 2010 forward. During the time since graduation she finished her M.Sc. and Doctorate of Pediatrics. Dr. Abdelhamid moved to Canada in 2013 where she finished her Canadian License Exams. She worked in Neonatal intensive Care Units in Calgary Peter Lougheed Centre for almost 3 years before moving to Medicine Hat Alberta. She built many interests in different Pediatrics Specialties including Neonatal intensive care, Child and adolescent developmental and behavioral health issues. Dr. Abdelhamid is a mother of three pleasant children who make her day after a long and exhausting work day.

Carolyn Maynes is a registered Speech-Language Pathologist with over 20 years of clinical experience. She has enjoyed being part of the FASD Clinic at the Medicine Hat Regional Hospital for the past 5 years and looks forward to another year of collaboration with the clinic team, clients and caregivers.

Kianne Schlamp has been our CC/C since October 2019. She recently moved into the Rural position and couldn't be happier! Kianne finished the Social Work program in Medicine Hat in 2017. She loves providing support and being there for the triumphs and battles of the clients and watching them grow. In her spare time away from work she is a dedicated mom to 6-year-old son and a 7 year old dog. They stay very active and enjoy gardening and water sports!

Jessica Sewert is our newest CCC who started February 2020. Her background is in Counselling and Assessment and she finds walking with families through the diagnostic clinic process extremely rewarding, in addition to continuing to learn about the ever-changing face of FASD. "It's wonderful to be a part of this multi-disciplinary team!"

*Intelligence is the ability to adapt to change.*  
*Stephen Hawking*



# Enviros Neurodevelopmental Assessment and Diagnostic Centre (NDC)

## Welcome New Clinic Coordinator

Submitted by Sylvie Horan, Enviros

The health and safety of Enviros Neurodevelopmental Assessment & Diagnostic Centre (NDC) clients and team members is always our utmost priority. As such, for the month of April, NDC was on hiatus due to COVID restrictions. Now that strict precautions have been put into place, we have since reopened our centre and have been using telehealth to complete the psychologist's assessments; and in some cases, the caregiver interviews as well.

We've realized both benefits and challenges of using telehealth; we have found Zoom to be a great platform and simple to use and it's especially convenient for those last-minute assessments. Another positive we didn't anticipate, is that clients actually seem to feel more at ease as they don't feel "watched" while completing assessments. But, as a result of needing a 'helper' to support virtual assessments (i.e. sitting with clients during assessments) there are considerations for clinics, including time and hours away from other tasks when the support person is within the clinic agency. It is also important to have a safety plan in place when telehealth supports are alone with clients.

With that being said, as a result of the continued high demand of FASD assessments from the community, Enviros NDC has recently hired a second Coordinator. Thus, we would like to introduce Holly Jopling who has been hired to specifically focus on the section 34s (youth court ordered assessments) in Calgary. Holly was most recently employed as a High-Fidelity Wraparound Facilitator with Enviros. Prior to this previous role, Holly was a Youth Probation Officer and a Child Protection Social Worker for twelve years. During her time as a Youth Probation Officer, Holly supported Youth Forensic Psychiatric Services in the collection of information for Youth Criminal Justice Act Section 34 reports. She also participated in post-sentence planning with Youth Forensic Psychiatric Services and prepared Pre-Sentence Reports for the Youth Justice Court.

Holly has participated in numerous FASD trainings through the Asante Centre; and as a social worker, supported clients with FASD. Holly builds and maintains strong working relationships with colleagues, clients, and other stakeholders. She is an effective communicator and possesses excellent conflict resolution and crisis intervention skills. We are thrilled to have Holly as part of our dynamic team - along with Rita Spark, Dr. Brent Symes and Dr. Alexia Schneider.

Have a  
great  
summer!

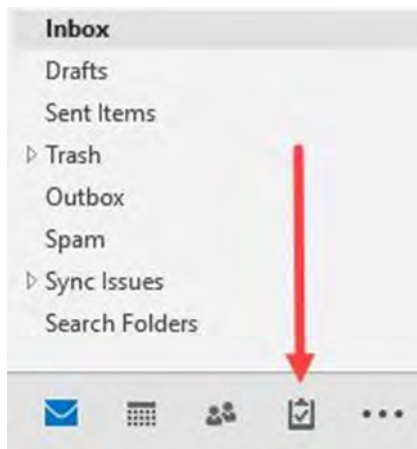


## Crystal's Miracle Minute Tips

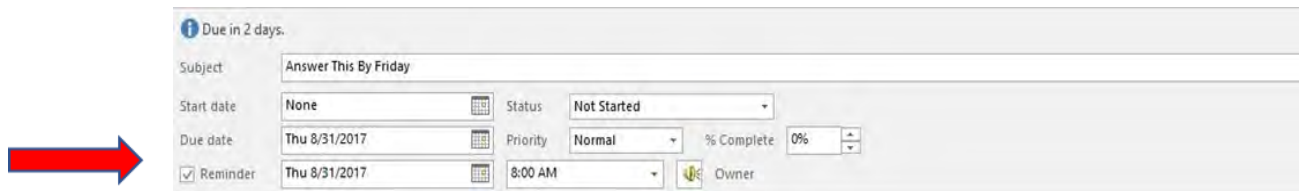
### Set a reminder to an email

Create a reminder by adding emails to Outlook's task list:

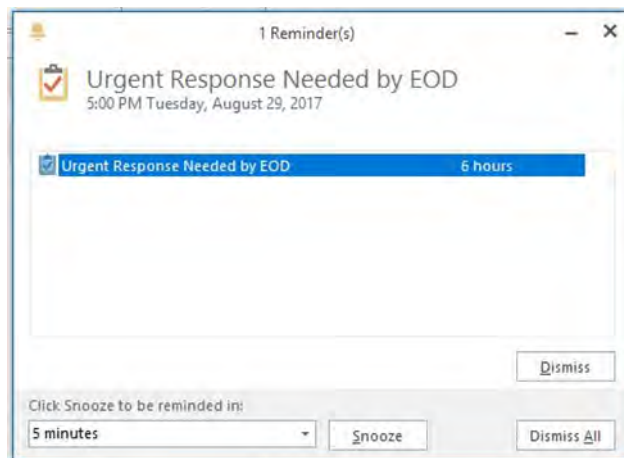
1. Drag the email and drop it on Outlook's task list icon. (The email will remain in the inbox)



2. Add a due date and set a date and time to receive a reminder. Save the task



3. When you set a reminder, the task will pop up like a meeting reminder at the specified time.

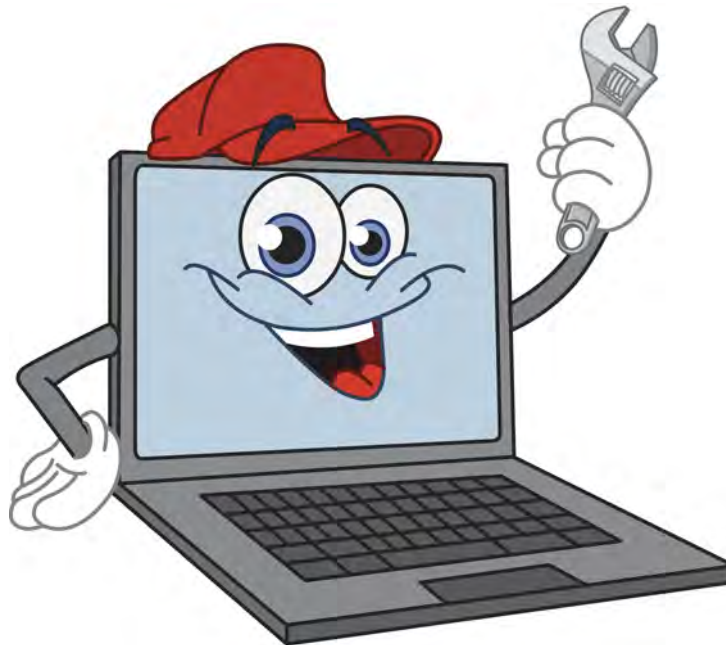
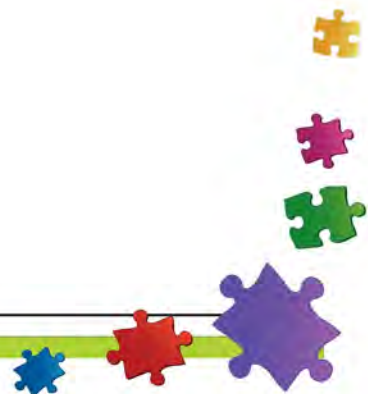


## Crystal's Miracle Minute Tips (continued...)

4. Once the task is complete, mark it as such to remove the task from your to-do list. Open the task by double-clicking it, and click the "Mark Complete" button—or just press the Insert key to quickly mark the item complete.



Outlook's task list is also useful if you're in the habit of copying yourself on emails as a reminder to follow up, or if you're emailing someone who is prone to ignoring your requests. Instead of keeping reminders as emails in your inbox, just move them to your to-do folder and add them to your task list.



## On-line Training, Webinars & Conferences

### CanFASD On-line Training:

Level 2: Sector/ Special Interest FASD Training

FREE on-line courses: <https://canfasd.ca/online-learners/-elearning-2>

NEW Justice courses: currently free to Albertans

FASD for Judicial and Legal Professionals & FASD for Solicitor General Professionals

School Staff:

FASD for School Staff Level II: Practical Strategies for the School Environment

Foundations:

Level 1: Basic FASD Training

CanFASD is hosting a FREE webinar on July 10, 2020: Loss, Grief, Resiliency and FASD panel webinar.

Watch the [CanFASD blog](#) and Social Media to register.

The webinar is hosted by Dorothy Reid of the CanFASD Family Advisory Committee; with panelists – Dr. Dorothy Badry (researcher); Smon Lapant (parent); and Myles Himmelreich (Individual/ Advocate).

Recognizing this we have produced an evidence informed model to help us to identify key needs for all humans – with specific consideration for how existing literature can inform our practice.

### Save the Date:

FASD and the Justice System: Finding Solutions, October 1-2, 2020

Due to the COVID-19 pandemic this conference will be offered virtually.

Preconference: FASD 101 training on September 30, 2020.

Main Conference: October 1 & 2, 2020.

<https://s3-us-east-2.amazonaws.com/oc-lcfasd.com/wp-content/uploads/2020/06/25133424/FASD-Conference-blog.pdf>

### Stay Tuned:

#### Annual Clinic Coordinator Meeting

Stay tuned for news regarding this year's annual meeting. Virtual planning will be underway, should pandemic considerations prevent a face to face gathering.

#### Facial Analysis Software Virtual Information Session – Fall 2020

Following requests from coordinators and clinicians, planning is underway to bring clinic teams the most up-to-date information and options for assessing sentinel facial features using photographic and software analysis, including the University of Washington FPA software. In the meantime, the [TIPS sheet](#) is available to assist you with any questions about this specific software.

#### \*Email Change:

Please direct communications and newsletter submissions for Amber Bell to:

[abell@cfasd.com](mailto:abell@cfasd.com)

\*Response time may be delayed; please be patient and Amber will respond within a few days.

When you know better, you do better.





## FASD and the Justice System: Finding Solutions

**October 1-2, 2020**

Due to the COVID-19 pandemic this conference will be offered virtually. We are looking for community support services to be part of our virtual exhibit hall. The online platform will allow you to upload resource material, videos, and connect with participants online in real time. You will be able to connect with conference participants through texting or video chatting when they connect with your booth. Cost to have a virtual conference booth \$20.00.

Contact the Lakeland Centre for more information:

Telephone: 780-594-9905  
Toll Free: 1-877-594-9495  
Email: [admin@lcfasd.com](mailto:admin@lcfasd.com)

## Save the Date

*Now* October 2, 2020

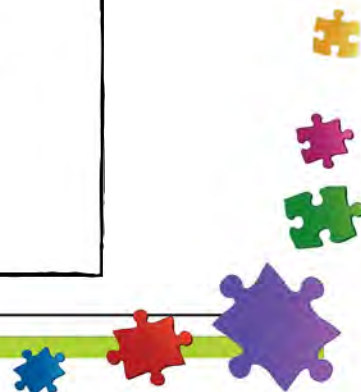
**"Celebrating 20 years of service in the Lakeland"**



## Lakeland Centre for FASD Gala

*Seeing Clearly For 20 Years!*

CONTACT US:  
Telephone: 780-594-9905  
Email: [admin@lcfasd.com](mailto:admin@lcfasd.com)



## Links & Such

### Pajani Clinic Training Resources:

Zoom Information Session Links: available on the Lakeland Centre's Clinic Training Services site:  
<https://lcfasd.com/training-services/>

Side presentation for May 21, 2020 Introduction to Virtual Platform for FASD Assessment and Diagnosis:  
presented to Alberta FASD clinic coordinators and clinicians.

Side presentation for June 11, 2020 Introduction to Virtual Options for FASD Assessment and Diagnosis:  
presented to Alberta clinicians and coordinators, clinic teams across Canada and coordinators and clinicians in New Zealand and Australia.

### Fetal Alcohol Spectrum Disorder: Can We Change the Future?

Written by Svetlana Popova, Danijela Dozet and Larry Burd, published March 4, 2020.  
<https://onlinelibrary.wiley.com/doi/full/10.1111/acer.14317>

### Photovoice Research Project Video

CASA Family Advisory Council (FAC), in partnership with the Faculty of Social Work, University of Calgary. Link to the Photovoice Project was released on June 17<sup>th</sup>.  
<https://www.youtube.com/watch?v=DwQunIA5xQU&t=88s>

### CanFASD Resources:

#### Psychotropic Medication Algorithm for FASD

Dr. Mela and a team of 12 multidisciplinary international experts have spent over 2 years developing a decision-tree style medication algorithm to guide prescribers as they see patients with Fetal Alcohol Spectrum Disorder/Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (FASD/ND-PAE). This algorithm is the first-ever treatment recommendation for psychotropic medications for FASD/ND-PAE.  
[Psychotropic Medication Algorithm for FASD/Prenatal Alcohol Exposure: Summary for Caregivers](#)

### CanFASD COVID-19 Statements:

[Supporting the FASD community during COVID-19, April 24, 2020.](#)  
[Prevention of FASD during the COVID-19 pandemic.](#)

### News Release April 16, 2020:

[National award winner for research on Fetal Alcohol Spectrum Disorder announced.](#)

### Updated Resources on Alcohol and Cannabis Use: Pregnancy & Breastfeeding information

Putting Evidence in Women's Hands-Alcohol and Cannabis When Breastfeeding Resource, May 2020  
<https://fasdprevention.wordpress.com>

### CanFASD resource on Alcohol and Breastfeeding, April 2020

<https://canfasd.ca/wp-content/uploads/publications/Breastfeeding-and-Alcohol-Issue-Paper-Fnal.pdf>

Cannabis Use During Pregnancy & Lactation: Practice Resources for Health Care Providers. Perinatal Services BC, 2020

<http://www.perinatalservicesbc.ca/Documents/Resources/HealthPromotion/cannabis-in-pregnancy-practice-resource.pdf>



## FASD Assessment & Diagnostic Clinic

### Contact List

Updated: June 2020

C| Child Clinic    A| Adult Clinic

#### Cumulative Risk Diagnostic Clinic (C)

Child Development Centre  
Alberta Children's Hospital  
2888 Shaganappi Trail NW  
Calgary, AB T3B 6A8  
Phone: 403-955-5878  
Contact: Bernadette Jesse  
[Bernadette.Jesse@ahs.ca](mailto:Bernadette.Jesse@ahs.ca)

#### Sksika FASD Clinic (C)

Box 1130  
Sksika, AB T0J 3W0  
Phone: 403-734-5687  
Contact: Vanessa Buckskin  
[vanessab@siksikahealth.com](mailto:vanessab@siksikahealth.com)

#### Central Alberta FASD Network Clinic (C) (A)

#206-33 McKenzie Cres.,  
Red Deer County, AB T4S 2H4  
Phone: 403-342-7499, ext. 2  
Contact: Allyssa deHeer  
[adeheer@fasdca.ca](mailto:adeheer@fasdca.ca)

#### Pediatric FASD Clinical Services, (C)

Glenrose Rehabilitation Hospital  
10230-111 Avenue  
Edmonton, AB T5G 0B7  
Phone: 780-735-8278  
Contact: Diane Plouffe  
[Diane.plouffe@ahs.ca](mailto:Diane.plouffe@ahs.ca)

#### Glenrose Adult FASD Assessment Clinic (A)

Glenrose Rehabilitation Hospital  
10230-111 Avenue  
Edmonton, AB T5G 0B7  
Phone: 780-735-6166  
Contact: Bernadene Mallon  
[Bernie.Mallon@ahs.ca](mailto:Bernie.Mallon@ahs.ca)

#### Canadian FASD Diagnostic & Training Centre (C) (A)

316 Kingsway Garden Mall NW  
Edmonton, AB T5G 3A6  
Phone: 780-471-1860  
Contact: Morgan Dumville  
[info@dvmasse.com](mailto:info@dvmasse.com)

#### Centrepont Young Offender Program (C)

Suite 701, 10242-105 Street  
Edmonton, AB T5J 3L5  
Phone: 780-428-4524, ext. 227  
Contact: Roxanne Pereira  
[Roxanne.Pereira@ahs.ca](mailto:Roxanne.Pereira@ahs.ca)

#### Lakeland Centre for FASD (C) (A)

P.O. Box 479  
Cold Lake, AB T9M 1P3  
Phone: 780-594-9905  
Contact: Tia Luedee  
[tluedee@lcfasd.com](mailto:tluedee@lcfasd.com)

#### Northwest Primary Care Network (C)

Children and Youth FASD Diagnostic Clinic,  
11202-100 Avenue  
High Level, AB T0H 1Z0  
780-841-3253  
Contact: Cheryl Cunningham-Burns  
[Cheryl.Cunningham-Burns@ahs.ca](mailto:Cheryl.Cunningham-Burns@ahs.ca)

#### Northwest Regional FASD Society-Mackenzie Network (A)

Box 3668  
High Level, AB T0H 1Z0  
Phone: 780-926-3375  
Contact: Kimber Lepensee  
[clinic.fasd.society@telus.net](mailto:clinic.fasd.society@telus.net)

#### Complex Needs Diagnostic Clinic (C)

Wapski Mahikan Society, Alexander First Nation  
Box 3479 Morinville, AB T8R 1S3  
[P] 780.853.7723  
Contact: Amber Bell  
[adbell@ualberta.ca](mailto:adbell@ualberta.ca)

This clinic contact list is maintained and updated, and is in each Links newsletter. It is frequently sent to AB government stakeholders, CMC, upon request to research and other projects, such as the common data form project. Having your correct information is important to us. If there are changes to your clinic contacts (address, ph. number, coordinator changes), please email [clinictraining@lcfasd.com](mailto:clinictraining@lcfasd.com)

Please check your clinic contact information in this issue. Thanks!

## FASD Assessment & Diagnostic Clinic

### Contact List

Updated: June 2020

C| Child Clinic    A| Adult Clinic

Alberta Health Services/NEAFAN (C) (A)  
600 Signal Road  
Fort McMurray, AB T9H 3Z4  
Phone: 780-750-6678  
Contact: Marguerite Fitzpatrick  
[Marguerite.Fitzpatrick@ahs.ca](mailto:Marguerite.Fitzpatrick@ahs.ca)

NW Peace FASD Diagnostic Clinic (C) (A)  
#204, 9805-97 Street  
Grande Prairie, AB T8V 8B9  
Phone: 780-533-5444  
Contact: Jen Duperron-Trydal  
[Jen@nwfasd.ca](mailto:Jen@nwfasd.ca)

Northern Association for FASD (C) (A)  
P.O. Box 3334, 4826-51 Ave.  
High Prairie, AB T0G 1E0  
Phone: 780-523-3699  
Contact: Charlene McLay  
[nafasd@telus.net](mailto:nafasd@telus.net)

North West Central FASD Assessment & Diagnostic Team (C) (A)  
Box 5389  
Westlock, AB T7P 2P5  
Phone: 780-284-3415  
Contact: Sharon Pearcey  
[sharonp@nwcfasd.ca](mailto:sharonp@nwcfasd.ca)

Pediatric Specialty Clinic, (C)  
Children's Rehabilitation Services-Central Zone  
# 300 Professional Centre  
5015-50 Avenue,  
Camrose, AB T4V 3P7  
Phone: 780-608-8622  
Contact: Lorraine McPhee, [Lorraine.McPhee@ahs.ca](mailto:Lorraine.McPhee@ahs.ca)

Prairie Central FASD Clinical Services (A)  
4838-49<sup>th</sup> Street,  
Camrose, AB T4V 1N2  
Phone: 587-386-0186  
Amanda Lindholm [a.lindholm@prairiecentralfasd.ca](mailto:a.lindholm@prairiecentralfasd.ca)

FASD Assessment and Support Services (C) (A)  
Bridges Family Programs  
477 Third Street SE  
Medicine Hat, AB T1A 0G8  
Phone: 403-526-7473  
Contact: Louisa Clapper  
[FASD.bridges@memlane.com](mailto:FASD.bridges@memlane.com)

Lethbridge Family Services-DaCapo Services (C) (A)  
FASD Assessment & Diagnostic Clinic  
1107-2<sup>nd</sup> Ave. "A" N.  
Lethbridge, AB T1H 0E6  
Phone: 403-320-9119  
Contact: Krista Tittlemier, [Kittlemier@fsfamily.ca](mailto:Kittlemier@fsfamily.ca)

Alberta Hospital Edmonton-Turning Point Program (ages 12-21 yrs.)  
17480 Fort Road, Box 307  
Edmonton, AB T5J 2J7  
Phone: 780-342-5002  
Contact: Sherry Muscat, Reg. Psychologist  
[Sherry.muscat@ahs.ca](mailto:Sherry.muscat@ahs.ca)

Foothills FASD Assessment and Diagnostic Clinic (C) (A)  
Box 5146  
101, 520 Macleod Trail  
High River, AB T1V 1M3  
Phone: 403-652-4776  
Contact: Kathy Lambourn  
[Kathy.lambourn@foothillsfas.com](mailto:Kathy.lambourn@foothillsfas.com)

Enviros Neurodevelopmental Assessment and Diagnostic Centre (C) (A)  
#220, 3115-12th St NE,  
Calgary, AB T2E 7J2  
Phone: 587-390-7045  
Contact: Rita Spark  
email: [ndc@enviros.org](mailto:ndc@enviros.org)

Mustard Seed FASD Clinic  
1010 Centre St. SE  
Calgary, AB T2G 0V8  
Phone: 587-393-4021  
Contact: Erin Bareham  
[Erinbareham@theseed.ca](mailto:Erinbareham@theseed.ca)

*Our strength will grow through community*

