# Rajani FASD Assessment & Diagnostic Clinic Training Services

## *LINKS: A Newsletter for Alberta FASD Diagnostic Clinics*

This edition of Links Newsletter highlights an important milestone reached for the Rajani FASD Assessment and Diagnostic Clinic Training Services. We have achieved 10 years of providing training, resources, mentorship, and connections with clinics across Alberta and other jurisdictions. When designing the 10-year timeline (in this newsletter) and recollecting highlights from our projects, what stood out were the numerous connections and relationships made and maintained with clinicians, coordinators, community and other stakeholders across Alberta and beyond. Coordinators especially have provided input and feedback on training needs, resources, clinic efficiencies, and practices that have been shared with other clinics. Many of you have completed endless number of surveys and questionnaires that enabled us to organize relevant and meaningful coordinator meetings, Community of Practice and other events, and contribute to important research.

The presenters who began with the Clinic Training Services in 2011 are still integral to its successes and continue bringing their expertise to events and training sessions: Dr. Hasu Rajani, Pediatrician; Brent Symes, Ph D., Reg. Psychologist; Dr. Leigh Wincott, Pediatrician; Monty Nelson, Ph D., Reg. Psychologist; Dr. Mansfield Mela, Psychiatrist. The Executive Director for LCFASD in 2011, Audrey McFarlane (now ED for CanFASD Research Network) was instrumental in realizing this training services program, and played an important role in setting the goals and work plans to move forward and continue for so many years.

Please take time to reflect on the successes of your clinics and accomplishments. There are many other clinics that will soon reach 10,15 and 20-year milestones of delivering FASD clinic services.

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March 2021 Vol. 39


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# Clinic Highlight

**Submitted by: Fayla Vedres, Pediatric Intake Coordinator-Lethbridge Family Services (LFS)**

I am the Pediatric Intake Coordinator for the Lethbridge Family Services (LFS) FASD Assessment and Diagnostic Services. Though I am new to my role with the FASD Clinic, I have been working for LFS in the DaCapo Program (disability services) for close to 13 years. Born and raised in Lethbridge, I graduated from the University of Lethbridge in 2006 with a degree in Education.

Our FASD Services has been in operation for over 10 years, under the direction of the South Alberta FASD Network. Our clinic offers pediatric and adult assessment and diagnostic services, as well as a rural clinic located in Pincher Creek. Our catchment area spans west to the B.C. border, east to just before Brooks, south to the US border and north to outside of Claresholm. This year, our clinic Psychologist for 10 yrs. James Sanders, decided to pass the torch so he was able to pursue research as a university professor. We will miss James' knowledge, experience and comradery, but are happy to welcome Patrick McFarland as our new multidisciplinary team Psychologist! James trained and mentored Patrick for a year and he is well prepared for this role. Our multidisciplinary clinicians include: Speech Language Pathologists (for pediatric and adult clinics); two Pediatricians and one General Practitioner. Nadine McGill (Clinic Coordinator), Brittany Lee (Follow-up Coordinator) and I are also part of the pediatric clinic team. The goal is to assess 36 children/year. The current wait time is around 18 months. Krista Tittlemier is the adult FASD Clinic Coordinator. She manages intake, clinic day and follow-up! We try to assess 12 adults/year, with a current wait time of around 12 months. In addition, we have our steadfast Program Manager, Lynette Taal. Ours is an awesome and ambitious team, and I am lucky to work alongside experienced and caring individuals. In my spare time, I am an avid dog lover, I love to cook (and eat), listen to music, play with my one-year-old son and, along with my husband and son, I enjoy the outdoors and the beautiful landscape that Lethbridge provides!

***Fayla's dog Bernard -High Level Bridge***

# FASD Assessment & Diagnostic Team Training

On January 19th 2021, the Rajani FASD Assessment and Diagnostic Clinic Training Services presented a half day training for new, and current FASD clinic team members. This virtual event was attended by 46 clinicians and coordinators from across the province. Presenters were Dr. Hasmukhlal (Hasu) Rajani, Pediatrician, and Brent Symes (Ph.D.), Reg. Psychologist. Content included recommendations of the diagnostic guideline, the brain domains assessed for FASD diagnosis, clinician roles/responsibilities and detailed information on screening for and diagnosing affect regulation. In past years this annual training was face- to- face, however, using a virtual platform allowed increased access for individuals to attend from anywhere in AB, and reduced costs and time associated with travel.

# 10 Year Timeline

## Rajani FASD Assessment & Diagnostic Clinic Training Services
## 10 Years of Service 2011-2021

### 2011

**INITIATE**

Rajani FASD Clinic Training Services delivers training & supports to Alberta FASD clinics. Program is named after Dr. Hasmukhlal (Hasu) Rajani, Pediatrician, for his dedication, expertise and commitment to FASD.

Links quarterly Newsletter is launched.

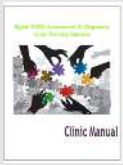
First Annual Alberta FASD Clinic Coordinator meeting takes place in Edmonton.

### 2012-2013

**BUILD RELATIONSHIPS, COLLABORATE, SHARE**

Provincial training event for Assessment and Diagnostic teams University of Alberta.

Clinic Training Manual completed.




FASD clinics are surveyed to identify their training needs.

Delivered FASD training to Happy Valley-Goose Bay, NL diagnostic clinic (Labrador Grenfell Health). Brent Symes PhD & Dr. Rajani presented.

### 2014-2015

**DEVELOP RESOURCES, DELIVER TRAINING**

The Rajani Clinic Training Project guides the Ax and Dx Council, with the first council meeting in 2014.

Delivered training in Iqaluit, Nunavut, in addition to 12 face-face training sessions across Alberta on the revised Canadian Diagnostic Guideline (Cook JL et al., 2015).

2- sided FAQ cards developed and later, adapted and used across Canada.

### 2016-2017

**MENTOR, SUPPORT, INFORM**

Trained Onion Lake Health Centre FASD clinic team.

Dr. Rajani presented a webcast for the AB learning series on the revised Diagnostic Guideline.

Wait list report & recommendations completed.

Completed Best Practice Guide for FASD clinics.

FASD Clinician Community of Practice (COP)-Edmonton, with MAIN Pro+ and MOC-3 CME Accreditation awarded for this event.

Mentored Labrador Grenfell Health FASD clinic using telehealth to connect trainers and clinic team.

National FASD Conference-Calgary-Dr. Rajani presents on Canadian FASD Dx Guideline.

Community Based Clinic Model Poster presentation at International FASD conference, Vancouver.

### 2018

**INCREASE CAPACITY, CONSISTENT PRACTICES, EXPLORE VIRTUAL OPTIONS**

Amber Bell hired to assist Colleen Burns with program coordination.

### 2019

**INCREASE CAPACITY, EXPLORE VIRTUAL OPTIONS**

Community of Practice-Vancouver FASD conference. Monty Nelson, Ph.D, Psychologist presented.

*Assessing for Fetal Alcohol Spectrum Disorder: A survey of assessment measures used in Alberta, Canada* (Harding K, et al.) was published.

Clinic Training for Mustard Seed-Calgary, CASA-Edmonton (Presented by Dr. Brent Symes, Dr. Leigh Wincott).

Training for new coordinators, Calgary, with 11 individuals attending the session.

Dr. Leigh Wincott and Dr. H. Rajani complete papers on importance of accurate collection of Prenatal Alcohol Exposure (PAE) for diagnosis, February, 2018.

Regional Psychiatric Centre Clinic Training, Saskatoon.

Presentation to 40 Probation Officers, Solicitor General managers, Crown Prosecutors, Edmonton.

Revision of Best Practice Guide for FASD Ax and Dx clinics.

### 2020

Webinars instructed on virtual platforms for FASD Ax and Dx clinic processes.

Telehealth Pilot project: clinic process completed, using virtual platforms for pediatric clients.

Webinar on use of the University of Washington Facial Analysis Software, delivered by Amber Bell.

### 2021

Revision of the Clinic Manual, a comprehensive guide for emerging and current clinics.

Resources developed to assist with understanding the dx process, roles and responsibilities of team members.

Provincial Dx Guideline training by Zoom.

https://lcfasd.com/training-services/

2011

10 YEARS

2021

# 10 Year Highlight – Rajani FASD Ax & Dx Clinic Training Services

**In February and March, 2011**, Lakeland Centre for FASD undertook an independent review by surveying current and future FASD assessment and diagnostic training needs, investigated the options for delivering effective training, and identified barriers and challenges in accessing clinic team training. Although this survey focused on current and anticipated training needs, much information was collected about how clinics adapt and modify to meet the unique circumstances of their regions.

Respondents highlighted the importance of current, consistent Ax and Dx training; supports allowing clinics to remain independent, while following best practices and recommendations of the Canadian Guidelines (at that time, the 2005 guideline). Ongoing training, supports, and developing resources would be best managed within a system that is accessible to all clinics, and where information is current and relevant. Links Newsletters would give opportunity to:

- Connect with one another to share experiences and useful information;
- Be updated on current research and other topics relevant to assessment & diagnosis;
- Receive information on training events & meetings;
- Provide links to web-based publications, resources & sites;
- Keep current with clinic coordinator changes & contacts.

In July 2011, the Alberta FASD-CMC provided funding to develop, facilitate and deliver a continuum of training, resources and supports for Alberta FASD Assessment & Diagnostic Clinics and their team members through a partnership with **the Rajani FASD Assessment and Diagnostic Clinic Training Services**. This project honors Dr. Hasmukhlal (Hasu) Rajani, Pediatrician, for his commitment, expertise and long-time dedication to FASD. The clinicians, whose expertise and experience in FASD assessment and diagnosis are key to the program's success and continuity are: Dr. Hasmukhlal (Hasu) Rajani, Pediatrician; Brent Symes, Ph.D., Reg. Psychologist; Monty Nelson, Ph.D., Reg. Psychologist; Dr. Leigh Wincott, Pediatrician; Dr. Mansfield Mela, Psychiatrist. Colleen Burns began as the training services coordinator in 2011 and continues in this role.

Fast forward to 2021 and ten years later, not knowing if this project would carry on or continue with the goals identified in 2011. The program has delivered over 100 training events, developed dozens of resources, and has 39 editions of Links Newsletters to date.

## 10 Year Highlights continued...

However, the benchmark of our project's successes isn't measured by resources we develop or numbers of training events delivered: our project continuously strives to 'do better', always looking for ways to improve our services, move forward as evidence-based and emerging best practices are realized, and keeping our audiences and those we provide services to as our most valued assets and partners. Our goals are to meet the needs of those we train; provide ongoing mentorship, and advance our knowledge and expertise with meaningful research and engagement with clinics across Alberta and other jurisdictions.

By thinking about who we deliver services to, we make every effort to measure up to the highest expectations:

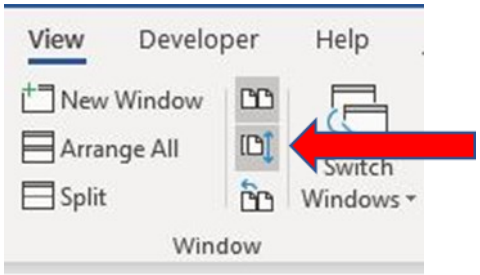
- Opinions, feedback and inclusivity are valued;
- Involve clinicians, coordinators, managers, policy and government stakeholders;
- How do we perform as an individual, a team or as a program in meeting those expectations?
- Create capacity and space for an environment that supports innovative ways of delivering services and supports improvement.

# View and compare documents side by side in Microsoft Word

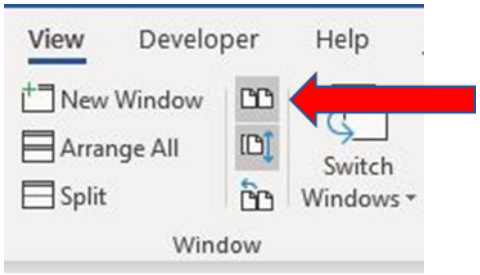
For those of us who do not have 2 monitors, and maybe even for those who do, have you ever wished you could look at 2 documents side by side? If so this tip is for you.

1. Open both of the files that you want to compare.
2. On the **View** tab, in the **Window** group, click **View Side by Side**.

- It should automatically default to **Synchronous Scrolling** which means you can scroll both documents at the same time, but if it doesn't you can begin **Synchronous Scrolling** or stop it by selecting the following button.




- To close Side by Side view, click **View Side by Side** in the **Window** group on the **View** tab.



# Links, Training & Webinars

**FASD Webinar, Interprofessional Continuing Education, University of British Columbia**

Results from the FASD Changemakers Lay of the Land Survey #2: Equality vs. Equity
**Thursday, March 18, 2021**
The Adult Leadership Committee (ALC) of FASD have completed a 350+ question *Lay of the Land Survey #2: What Really Matters - Life as We Live It* of 450 adults with FASD. This new survey focuses on areas of everyday life for respondents.

**CanFASD Research Network articles and resources**

Characterizing adverse childhood experiences among children and adolescents with prenatal alcohol exposure and Fetal Alcohol Spectrum Disorder
Link to the abstract:
https://www.sciencedirect.com/science/article/abs/pii/S0145213420305433

How to Explain an FASD Diagnosis to your Child
Bookmark and visit the CanFASD blog home page for all of the latest resources, articles, information on upcoming webinars, as well as links to past webinars. You can subscribe to the blog to receive notifications of new posts by email.

New Webinar: Supporting Caregivers - CanFASD

A new webinar with Dr. Brianne Redquest, the 2021 Dr. Sterling Clarren FASD Research Award winner, March 19, 2021 1:00 pm Eastern Time.

Diagnosing People with FASD using Telehealth - CanFASD

This is a summary of a recent research paper called *Connecting People with People: Diagnosing Persons with Fetal Alcohol Spectrum Disorder Using Telehealth.*

Top FASD Research Articles of 2020 - CanFASD

Announcing the list for the top FASD articles of 2020! Every January CanFASD does a literature search for research that was published within the previous year. This year the search revealed over 400 articles published on FASD in 2020. The final list was selected by a group of CanFASD staff, researchers and members of the Family Advisory Committee.

# FASD Assessment & Diagnostic Clinic
# Contact List
## Updated: March 2021
**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

**Siksika FASD Clinic (C)**
Box 1130
Siksika, AB T0J 3W0
Phone: 403-734-5687
Contact: Vanessa Buckskin
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

**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

**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

**Canadian FASD Diagnostic & Training Centre (C) (A)**
316 Kingsway Garden Mall NW
Edmonton, AB T5G 3A6
Phone: 780-471-1860
Contact: Morgan Dumville
info@dvmassey.com

**Centrepoint 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

**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

**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

**Northwest Regional FASD Society-Mackenzie Network (A)**
Box 3668
High Level, AB T0H 1Z0
Phone: 780-926-3375
Contact: Kimber Lepensee
clinic.fasdsociety@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

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

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

# FASD Assessment & Diagnostic Clinic
# Contact List
Updated: March 2021

**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

**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

**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

**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

**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

**Prairie Central FASD Clinical Services (A)**
#205, 4917 50 Ave
Camrose, AB T4V 0S2
Phone: 587-386-0186
Amanda Lindholm a.lindholm@prairiecentralfasd.ca

**Lethbridge Family Services-DaCapo Services (C) (A)**
FASD Assessment & Diagnostic Clinic
1107-2nd Ave. "A" N.
Lethbridge, AB T1H 0E6

Phone: 403-320-9119
Contact: Krista Tittlemier, Ktittlemier@lfsfamily.ca
Fayla Vedres fvedres@lfsfamily.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

**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

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

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

*Our strength will grow through community*