Rajani FASD Assessment & Diagnostic Clinic Training Services

LINKS: A Newsletter for Alberta FASD Diagnostic Clinics

As we shift from summer and go into fall and winter, there is unknown territory ahead as clinics prepare for winter scheduling. Over the past months, coordinators have adjusted how they interact and provide services, modify schedules and have used virtual and other models of completing assessments and diagnosis. There are so many telehealth and online options to get work done while remaining off-site from your office building and to connect safely with other team members, clients and staff. The advantages of having Zoom, Teams meetings, video conferencing and other means of communicating, without being face-face, enables clinics to continue to provide services. Many coordinators I've spoken to have embraced the challenges of doing things differently. There are efficiencies, cost and human resources savings and clients' satisfaction with the adjustments to the extent clinics will continue with different ways of delivering assessment and diagnostic services well after the pandemic is over.

The 2020 Annual Clinic Coordinator Meeting was held via Zoom on September 15th. The advantages of virtual meetings are obvious for those who have to travel long distances to attend a face to face meeting: less time away from other commitments; easier child care arrangements; costs savings; enables more coordinators to attend; shorter meeting. However, in person meetings have obvious benefits of connecting and networking with others during lunch and other breaks during the day and to have a targeted time away from the office, with no distractions. We'll survey coordinator's to see if virtual modes were positive ways to connect.

The Rajani Clinic Training Project continues to develop relevant resources and training. Top of the list will be a webinar this fall for those planning on using the University of Washington Facial Analysis software to measure sentinel facial features. As you can appreciate, the program is not easy to navigate and we want to ensure the training session will prepare those attending to move forward with confidence in using the software.
"Be kind, be calm and be safe". (Dr. Bonnie Henry)

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Lakeland Centre for FASD { PO Box 479 • Cold Lake, AB • T9M 1P1 } **1.877.594.5454 • www.lcfasd.com**

FASD Day Highlights

Lakeland Centre for FASD (LCFASD)

This year, LCFASD held a poster campaign blitz, set up awareness booths with training in a number of communities, endorsed radio spotlights and had local artist create informative window art. One of the most creative and fun events was our first virtual mocktail challenge for FASD Day. The winning drink was chosen based on originality, and how tasty it looked, considering we couldn't gather to taste test the mocktails. Winners received a prize pack from some local businesses around the Lakeland!

Prairie Central FASD Association

Prairie Central FASD Association had many awareness activities throughout September. Brown paper liquor bags had FASD prevention messaging and we partnered with Highway 9 to distribute the bags to liquor stores across the region. We did media messaging through social media posts, partnered with radio stations to deliver FASD public service announcements, and purchased air time to run prevention ads. On September 9th, Camrose and Wainwright Boston Pizza offered complimentary mocktails to expectant mothers. Our Education and Awareness Facilitator, Jen Willes, presented to home visitation families on the Louis Bull Cree Nation. FASD awareness messages were included in church bulletins for many churches in and around Camrose, and the church bells at the Two Hills Fellowship Chapel were rung at 9:00am.

Foothills Fetal Alcohol Society

Wearing our red shoes, we delivered 99 red balloons to businesses in High River. After the balloons were delivered, we hosted our 2nd Annual Office Chair Relay Races. Due to COVID, we only had 4 teams compete, but it was a lot of fun. It was an awesome day and event.

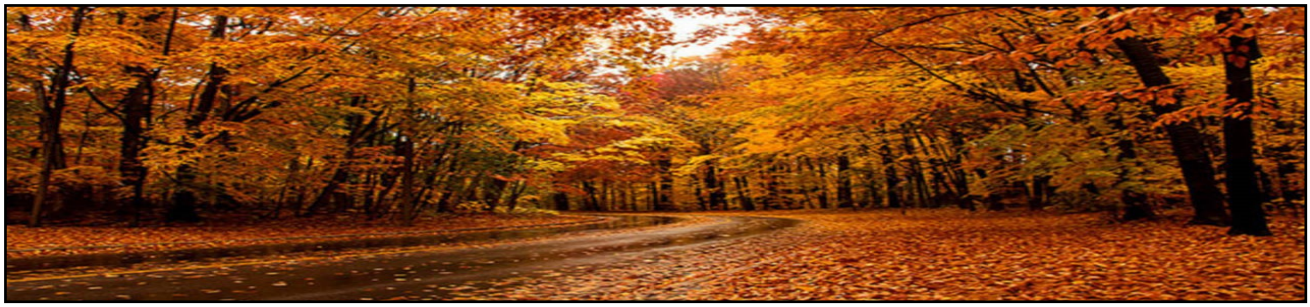
Affect Regulation Survey Results

Affect Regulation (AR) Screen, Assessment and Diagnostic Checklist for Pediatric FASD Clinics

In Fall of 2019, Alberta Pediatric FASD clinics were asked to provide information on how they assess the AR domain. Along with the checklist, links to recommended screening tools and diagnostic criteria for AR disorders were shared. Highlights from the responses:

- 6 Pediatric clinics participated; 101 individual checklists total submitted.
- Clinic dates ranged from September 2019 to August 2020.
- Child age range – 5 years to 18 years; 36% female, 64% male.
- 15 children were diagnosed with an AR impairment prior to clinic; 15 children received an AR diagnosis at current clinic.
- 4 cases where a child received an AR diagnosis at clinic, and the AR domain was the 3rd domain, resulting in an FASD diagnosis.
- AR diagnoses assigned prior to, or at clinic, include: Major Depressive Disorder, Persistent Depressive Disorder, Disruptive Mood Dysregulation Disorder, Agoraphobia, Social Anxiety Disorder and Generalized Anxiety Disorder.
- Reg. Psychologist assigned the AR diagnosis (59%), Physician (31%), and Other (10%).
- Screening tools identified as used: SCARED (15%), PSC-17 (13%), Columbia Depression Scale (10%), Preschool Anxiety Scale (2%)
- Other Screening Tools commonly used: BASC-3, CDI-2, BDI-2, MASC-2, RCMAS-2, BRIEF-3.
- Many responses indicated no screening tools were used to assess for AR impairment, reporting their team did not feel it was relevant to assess the AR domain (40% of responses).
- Using screening tools often resulted in increased referrals for interventions (40% of responses).

We encourage the pediatric clinics to complete the checklist. This information will inform practices used to screen and asses this domain.



Annual Clinic Coordinator Meeting
September 15, 2020

On September 15th, the annual FASD clinic coordinator meeting was held via a Zoom meeting. This was the 10th year of the annual meeting, and keeping pace with other years' great attendance, saw 30 people connect. Face to face meetings allow participants to network with others over breaks and lunch, but a virtual meeting was more economical, involved less travel time, and resulted in a shorter meeting. Guest speakers delivered relevant information for attendees: Melissa Tremblay, Ph.D. presented on Respectful Engagement with Indigenous Communities. Dr. Hasu Rajani, Pediatrician, presented information on Affect Regulation Screening, Assessment and Diagnosis-Considerations for FASD clinics. The Rajani Clinic Training Project is planning more events and training sessions over the next months, in light of increased use of virtual platforms to deliver services, and requests for training on use of the University of Washington Facial Analysis Software to measure sentinel facial features. Please reach out to us if you have specific training requests.

List of Control Key Shortcuts

Ctrl+A These two keys will select all text or other objects.

Ctrl+B Bold highlighted text.

Ctrl+C Copy any selected text or another object.

Ctrl+D Bookmark an open web page or open font window in Microsoft Word.

Ctrl+E Center text.

Ctrl+F Open find/replace window in Excel, Word and webpages.

Ctrl+I Italicize text.

Ctrl+K Create a hyperlink for the highlighted text in Microsoft Word and many HTML editors.

Ctrl+M Indent selected text in word processors and other programs.

Ctrl+N Create a new page or document.

Ctrl+O Open a file in most programs.

Ctrl+P Open a print window to print the page you're viewing.

Ctrl+R Reload page in browser or right align text in a word processor.

Ctrl+S Save the document or file.

Ctrl+T Create a new tab in an Internet browser or adjust tabs in word processors.

Ctrl+U Underline selected text.

Ctrl+V Paste any text or another object that has been copied.

Ctrl+W Close open tab in a browser or close a document in Word.

Ctrl+X Cut selected text or another object.

Ctrl+Y These keys will redo any undo action.

Ctrl+End Moves cursor to the end of a document instead of end of the line.

Ctrl+Z Pressing these two keys will undo any action.

Ctrl+Esc Open the Windows Start Menu.

Ctrl+Tab Switch between open tabs in browsers or other tabbed programs.

Ctrl+Shift+Tab will go backwards (right to left).

On-line Training, Webinars & Conferences

CanFASD NEW Webinar:
Refreshing our Conversations About Alcohol as a Key Component for FASD Prevention.
Dr. Nancy Poole and Lindsay Wolfson.
September 25, 2020, at 11:30 am – 12:30 pm ET (9:30 am – 10:30 am MDT).
Link to register here.

CanFASD On-line Training: https://canfasd.ca/online-learners/ - elearning-2
The following courses are being offered at NO COST to Albertans:

- Level I: Basic FASD Training
- Level I: FASD for School Staff
- Level II: FASD for Judicial and Legal Professionals
- Level II: FASD for Solicitor General Professionals
- Level II: Practical Strategies for the School Environment

Stay Tuned:

Rajani Clinic Training Services Upcoming Webinar:
Facial Analysis Software Virtual Information Session
Fall 2020 (Date To Be Determined)
Coordinators interested in attending this webinar MUST purchase and install the software prior to the training date. The training is interactive and hands-on, providing guidance on how to analyze photos during live demonstration and practice sessions.
Click on the following for information on computer and digital camera specifications, and a link to purchase the software: TIPS Sheet: U of W FAS Facial Photographic Analysis Software

***Note:** The Northwest Regional FASD Society - Mackenzie Network has decided to postpone their Conference originally planned for this fall, until further notice.

On-line Training, Webinars & Conferences

FASD and the Justice System Conference
Ticket price: $175 (Early Bird $150)
Registration link: https://lcfasd.com/virtual-events/fasd-and-the-justice-system-finding-solutions/
The conference is a one day virtual event from 8:30 am-4:00 pm.

20 year Gala - Virtual Celebration - entertaining evening complete with music, silent auction, an award presentation, and speakers.
Free Registration: https://lcfasd.com/virtual-events/lakeland-centre-for-fasd-virtual-gala/

Links & Such

Rajani Diagnostic Clinic Training Services:

Visit our site for quick access to current resources, recent training sessions and upcoming events: https://lcfasd.com/training-services/

CanFASD Research Network - Publications and Research:

FASD clinics across Canada participated in the National Assessment Measures Survey. The results of this survey have been recently published. Here is a link to the online abstract:
A Survey of Measures Used to Assess Brain Function at FASD Clinics in Canada.

1 in 25 Canadians have this disability, and it can be prevented. (PDF printable version: News Release August 27, 2020).

Canada FASD Research Network's Commitment to Indigenous Partnership, Reconciliatory Research, and Action (April 2020).

Coordinators please forward to caregivers who may wish to participate in this study.
Visit the Families Facing COVID -19 website and click on the 'Participate' button at the top right hand side of the page.
https://www.familiesfacingcovid19.com/

FASD Assessment & Diagnostic Clinic
Contact List
Updated: September 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

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: September 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

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)
4838-49th Street,
Camrose, AB T4V 1N2
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
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