LAKELAND CENTRE FOR FASD

ANNUAL REPORT

2020-2021

HELP: IT'S WHAT WE DO

Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

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MISSION

To establish and ensure that accurate information about FASD, effective prevention, diagnosis and support services are available in the Lakeland Service area.

VISION

We envision a region with no new FASD births and where currently affected individuals are well supported.

OPERATING PRINCIPLES

- Committed to maintaining the trust of partners and stakeholders by being accountable and transparent.
- Dedicated to creating an atmosphere in which all stakeholders feel valued, respected and engaged in our efforts.
- Committed to treating individuals with FASD, their parents and families with respect and dignity.
- Promoting the use of FASD best practices and accurate information with community service providers.
- Dedicated to planning services based on identified needs, and by promoting best practices as they emerge in the field.
- Committed to achieving collective impact and quality service through collaboration with our community partners.
- Providing evidence based practice and when evidence is not available will work with researchers to develop this evidence.
- Providing leadership in the field of FASD by sharing our experiences, developing evidence based practices and continually working to improve our services.
- Dedicated to our employees and their well-being.

BOARD OF DIRECTORS AND TEAM MEMBERS

BOARD MEMBERS

Chair
Stephanie Oleksyn

Vice Chair
Coleen Manary

Treasurer
Joey Daniels

Secretary
Roy Ripkens

Directors
Michelle Dargis
Bonnie Hankey
Adrienne Peoples-Sprecker
Victoria Sparklingeyes

MANAGEMENT TEAM

Executive Director
Lisa Murphy

Prevention Program Manager
Paula Dewan

Mothers to be Mentor Supervisor
Candice Sutterfield

FASD Coordinator Supervisor
Lisa Swan

2nd Floor Residential Supervisor
Jessica Bernard

FRONTLINE TEAMS

Administration-6

Diagnostics-2

Intervention-10

Mentorship-7

Counselling-1

2nd Floor Recovery-19

Contractors-4

MESSAGE FROM THE EXECUTIVE DIRECTOR

2020-2021 was a challenging year; the COVID-19 Pandemic shut down businesses and services across the province. Despite this, the LCFASD remained strong; we adapted our programming, meeting the needs of our clients and continued to offer all Diagnostic, Intervention and Prevention of FASD services.

LCFASD developed fresh approaches to our service delivery to ensure safety of our clients and staff, by implementing health measures and offering virtual options. We introduced online support groups to encourage social connection and expanded our counselling services to all our community members who required a little extra support.

In partnership with the Cold Lake and District FCSS, we launched the Meaningful Meals program; providing hot meals twice a week to our individuals and families in need.

2020 marked the Lakeland Centre for Fetal Alcohol Spectrum Disorder's 20-year milestone! To celebrate this achievement, we hosted a virtual gala and silent auction. We highlighted our successes, shared stories, and looked towards the future.

LCFASD created the Audrey McFarlane Award to recognize Audrey McFarlane, a founding member and past Executive Director of the LCFASD. The award was designed to highlight FASD successes, honoring families and individuals with FASD.

Our staff supported 420 unique clients in our various programs! It is amazing to see so many individuals with FASD and their families seeking service, knowing that they see LCFASD as a safe and non-judgmental place to go to for help.

The Diagnostic Team offered FASD diagnosis and assessment through telehealth. The learnings from our participation in last year's pilot project, gave us the tools to continue service through the pandemic which also removed barriers for diagnosis.

Our FASD Outreach and Mother's-To-Be Mentorship teams continued to support clients through in person and virtual appointments. Our referrals in these programs have steadily increased this year.
Our team has assisted clients to complete taxes, attend appointments, connect with community supports, and provided masks to all clients. The LCFASD Emergency Housing suite has been consistently occupied this year. Employment and Transition Coordinators adapted programming to better meet the current needs of our clients.

2nd Floor Women's Recovery is available to women who have been unsuccessful in other recovery environments due to their complex needs. Due to the pandemic and health restrictions required to minimize the spread, 2nd Floor operated at half capacity. We adapted our community programming, guaranteeing that women attending the program would receive gold star services.

Many sessions were moved online, and we took any and all opportunity to participate in outdoor activities. This year, our women participated in Equine Assisted Learning, which was a huge success!

Unfortunately, our summer camp was cancelled because we could not host overnight camps due to public health restrictions. We knew this camp was important to our kids and their families, so we adapted and were able to bring our kids and youth together for day camps throughout the month of August. The kids enjoyed a variety of experiences hiking, swimming, paddle boarding, kayaking, and lots of crafts!

Training and FASD awareness activities were offered throughout the year; we trained over 2600 people and shared awareness information with an additional 440. Our training team developed videos and created a YouTube channel. We engaged with a local nonprofit Indigenous Radio station to develop a series of short radio scripts and set up a monthly interview with the morning radio host to ensure people in our region know about FASD, Prevention, and our services. We did an amazing job of hosting virtual FASD Day events; our virtual mocktail challenge was a significant highlight!

The Rajani Diagnostic Clinic Training Services supported clinic teams across the province to offer diagnostic services using the telehealth model.

2020-2021 was a difficult year for our organization, when one of our staff lost her battle with cancer. LCFASD takes pride in the relationships our staff have with each other, we are more than coworkers, we are family. As a close-nit organization, we form strong personal bonds within our work groups and the experience of grieving a loss impacts all of us.

The Lakeland Centre for Fetal Alcohol Spectrum Disorder has been providing supports for 20 years. We continue to be known across the province and nationwide for our novel, non-judgmental, supportive services. Our remarkable staff continue to find new innovative ways to connect with our clients, adapting to the ever-evolving complexities and need for support.

LCFASD continues to be an active Alberta FASD Service Network member and a leader in the development of unique strategies to serve rural areas. We are proud of our employees and the services they deliver in challenging times. Our Board of Directors is very eager to develop social enterprises to prepare us for less governmental support; we continue to explore these opportunities and look forward to sharing our next venture.

From all of us at LCFASD, we'd like to share our highest appreciation for all of our partners, community supporters, families and individuals that we work with for all the encouragement and continued support.

Lisa

OUR PROGRAMS AND SERVICES

The COVID-19 Pandemic has had a large impact on how services are delivered and how we all work. LCFASD has adapted so that we can continue to support our clients and community, just in different ways.

- LCFASD served 420 unique individuals and families
- The 2nd Floor Women's Recovery Centre served 23 women
- Mothers-To-Be Mentorship Program served 110 women
- Diagnostics assessed 33 individuals
- The Counselling Program served 55 clients
- The Outreach Program served 217 clients and families with 4060 individual client contacts

- *New bus ads in Cold Lake Transit*

- *Donation from the Cold Lake Food Bank*

- *Rock the Sock Fundraiser for our youth & young adults*

- *LCFASD Training*

- *Decorated windows at our Cold Lake location*

- *International Women's Day*

Throughout the COVID-19 pandemic, the 2nd Floor has been required to make several program adaptations to ensure that we are both meeting the Provincial guidelines that are mandated by Alberta Health Services (AHS), as well as the individual needs of our clients. We are proud of how the 2nd Floor staff, and clients, have adapted and feel that we have had an excellent year despite the obstacles that the past year has presented.

Achievements during the COVID-19 Pandemic:

Complete adaptation of our program: 2nd Floor strives to create a homelike atmosphere and is community integrated. COVID-19 restrictions, for the most part, have prohibited 2nd Floor from leaving our small facility. To accommodate for these changes, staff have been required to become familiar with platforms such as Zoom and Google Teams so that we are able to continue to deliver the services to our clients that they depend on for their recovery.

Having access to much of our programming virtually has been extremely beneficial for our clients who have been required to self-isolate for various reasons related to COVID-19. Our clients can have a very difficult time coping with the additional seclusion of self-isolation. We have found that having access to their regular programming through virtual means, helps to foster a connection and enables the client to still interact with their staff and co-clients.

To account for the lack of outside programming, 2nd Floor has also incorporated more virtual fitness (such as Zumba, HIIT, Yoga etc.) to ensure that the clients are able to remain active. Clients have reported that this has been very beneficial in helping them to not feel as though they are “cooped up”.

2nd Floor has built a positive relationship with our local Family and Community Support Services (FCSS), now Family Resource Network (FRN). The FRN supports 2nd Floor clients with relevant programming and are accommodating when it comes to supporting clients who need to complete their taxes in urgent situations. Most recently 2nd Floor and the FRN partnered to provide in-house parenting courses to 2nd Floor clients.

During the COVID-19 pandemic, 2nd Floor increased our commitment to the Cold Lake Foodbank. We now pick up Foodbank allotted donations from a local grocery store 7 days per week.

Meaningful Meals: From June-August LCFASD provided a free meal delivery service for Lakeland residents on Tuesdays and Thursdays to support those who may be struggling financially during the pandemic. 2nd Floor assisted in all meal prep, and clients were also able to participate in meal prep as well.

Outreach Programs: The 2nd Floor has established an excellent relationship with the Dr. Margaret Savage Crisis Centre's (DMSCC) outreach program.

Through this connection, we have been able to connect several clients to the Joie's Phoenix House program that is run by DMSCC. Joie's Phoenix House is an amazing resource that has provided safe and stable housing for our clients and their children, who were looking for a fresh start so that they would not be required to return to their previous communities, where they worried that they would be more likely to relapse.

- *Sewing quilts to donate to seniors in the community*

COUNSELLING

Counselling Services aims to provide support for clients and families of the Lakeland Centre for FASD. We utilize strengths-based and trauma-informed approaches to work alongside clients in a one-on-one setting to address various issues such as anxiety, depression, emotional regulation issues, relational challenges, alcohol and substance use, grief and loss, chronic health issues, identity issues, and trauma. What makes Counselling Services through LCFASD unique from other community supports is our utilization of FASD best practices to address the needs of our population, who may struggle to find appropriate support elsewhere. Counselling may help individuals come to a better understanding of themselves, increase self-esteem, improve interpersonal relationships and communication. We also make use of art materials during sessions to promote emotional expression, improve self-understanding, allow for visual communication, and to aid in emotional regulation.

In 2020, we recognized a need for additional support, so in response to the COVID-19 Pandemic we opened our Counselling Services to support community members throughout the Lakeland region.

Throughout 2020-2021 Counselling Services supported 55 individuals over 297 individual sessions.

> The grass isn't greener on the otherside, it is greener where I am.

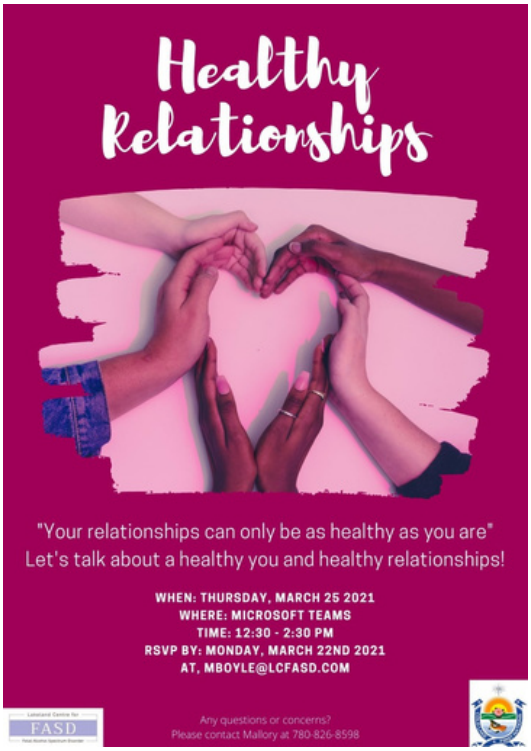
> I am not going to let my past define who i am tomorrow.

MOTHERS-TO-BE
MENTORSHIP PROGRAM

The Mothers-To-Be Mentorship team did things a little differently during COVID-19 and introduced a series of online sessions that were hosted throughout the Lakeland Region. The sessions focused on empowering through learning that was fun with a COVID lens.

Participation in virtual sessions were from the comfort and safety of an individuals home. Packages were created by the Mentorship team and were delivered to the participants doorstep. Each session had a different activity included with the education portion, such as gardening with healthy relationships and canvas rock painting for mental health and addiction.

The sessions proved to be a success with the mentorship team hosting 20 sessions and serving a total of 111 individuals throughout the region.



MOTHERS-TO-BE

A MENTORING SUCESS STORY

Jillian is a young mother who was using meth daily and was facing charges for theft and weapon possession. Jillian learned she was pregnant and made the decision to make healthy changes in her life and sought supports through the Mentorship Program.

Mentorship assisted Jillian with arrangements to attend detox followed by the 2nd Floor Women's Recovery Centre where she completed 28 days. After her completion of treatment, she worked closely with her Mentor to secure income and appropriate housing. Jillian's Mentor helped her step by step through the court system to assist her with clearing up her charges and to pay her fines.

Jillian is now 2 years into the mentorship program and has no new or old charges. She has been sober since entering detox over 2 years ago and has regained full custody of her daughter and gave birth to a beautiful boy who has stayed in her custody since birth.

Jillian is now in college to become an addiction's worker and she plans to continue her education and become an Addiction Counsellor in the future to help others through their addictions and regain their lives.

> **"I think back to my life 27 months ago and how crazy and unmanageable it was and I'm so grateful for the program and the things it has done for my life! I put in the work but you guys helped me all the way through!"**

THE PREVENTION CONVERSATION

A SHARED RESPONSIBILITY

The COVID-19 Pandemic has provided an opportunity to deliver FASD information in an innovative way. Basic and Advanced FASD Awareness, Strategic Planning for Support and Agency Services, and Awareness sessions were held across the region with trainings being offered virtually.

Our trainers presented to

- staff in 3 school divisions
- a youth assessment centre
- children's services staff from across the region
- local Métis Settlement professionals and community members
- addictions services staff
- 2 post secondary institutions
- 4 remote Indigenous Communities for their area professionals and community members
- a Tribal Council from a neighbouring Alberta community
- Ontario Caregivers Support Group to more than 170 people from across Canada, including caregivers from our region
- Partnered with Public Legal Education to do a Navigating FASD and the Justice System Training

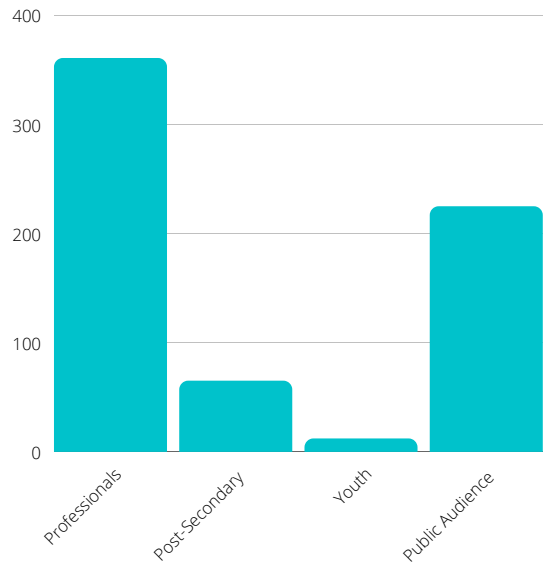
Let's Talk

The Prevention Conversation

It's time to talk about alcohol and pregnancy

Prevention Messaging has been embedded in FASD Awareness Training, to ensure that Prevention stays at the forefront of our outreach and awareness efforts.

36 TRAINING SESSIONS



Our Mother's-To-Be Mentorship team was mentored by the training team to take on a new challenge - presenting virtually to 9 high school classrooms - and they did so, even when it was impossible to be physically present. This has significantly increased our capacity to deliver the message, this year and going forward.

Our Outreach Team completed facilitator training and is ready to deliver both FASD Awareness and Prevention sessions across the region, to area professionals and community groups; this will increase our capacity to inform the people in our area and beyond.

THE PREVENTION CONVERSATION

A SHARED RESPONSIBILITY

Social Media

Facebook, Facebook Live and Zoom have helped us get information about trainings out to the public and have allowed us a platform to provide those information and awareness sessions virtually, allowing us to gather people together from all across our region and beyond.

We started a new recurring virtual session and did 5 Monthly Facebook Live Prevention Conversations over the year and we kicked off Facebook Live Lunch n' Learn Sessions on FASD Day.

- Let's Get Real about Prevention, Conversations with Youth - FASD Day
- Talking to Youth and an Interview with our Transition Coordinator
- Employment Program: Talking about Stigma with Employment Coordinator
- Let's Talk Judgement with Our Mother's-To-Be Mentorship Program
- The Intersection of Prevention & Diagnosis with our Diagnostics Coordinator

We have offered virtually "Understanding FASD" - A half day training every second month and are accompanied by a network staff person from one of our existing services, with a focus on their environments.

We filmed and edited a series of 27 training videos for use in individual settings for our own training purposes. FASD and Executive Functioning, posted to our training page has been shared and viewed 153 times to date.

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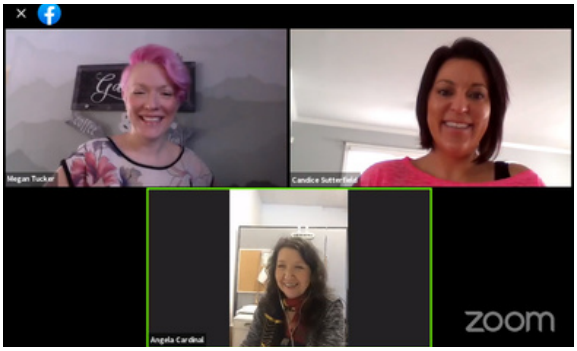
We have prepared for and organized an upcoming professional video shoot to create a set of 4 training videos for medical professionals, designed to be examples of how they can quickly and easily add FASD Prevention to their practice, pre-pregnancy.



INTERNATIONAL FASD AWARENESS DAY

SEPTEMBER 9TH

September 9th is International FASD Awareness Day. It is devoted to raising awareness of Fetal Alcohol Spectrum Disorder (FASD) to improve prevention, diagnosis and support.

This year, Lakeland Centre for FASD 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!

- *The winning Mocktail*

10 YEARS

The benchmark of our project's successes isn't measured by resources we develop or numbers of training events we deliver: 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.

With this last year all of us adjusted to 'do things differently', and the Rajani Clinic Training Services embraced virtual technology as one means of connecting with FASD clinic teams across Alberta and the rest of Canada.

- Our annual clinic coordinator meeting had over 30 individuals join with Zoom;
- In May and June, two separate Zoom training sessions had around 300 attendees as we presented the topic: Virtual Option for FASD Clinic Process. Participants joined from Canada, New Zealand and Australia;
- Links quarterly newsletters kept clinic team members and other stakeholders informed of training, research, resources and highlights from Alberta FASD clinic team members;
- The project's joint research projects, in partnership with clinicians' academic affiliations, have been accepted for conferences and other presentations in spring/summer 2021.
- We held 4 separate training events using virtual platforms to deliver presentations since May, 2020.

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 reached 10 years of providing training, resources, mentorship, and connections with clinics across Alberta and the rest of Canada. When designing the 10-year time- line (in this newsletter) and recollecting the 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. H. 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 Can FASD 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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Fetal Alcohol Spectrum Disorder (FASD)

Rajani FASD Assessment & Diagnostic Clinic Training Services

open
We are open for business!
The Lakeland Centre for FASD is continuing to offer multidisciplinary FASD assessments for children & adults who reside in the Lakeland service area.
We have adapted our diagnostic services to meet the health requirements recommended by Alberta Health Services.
We currently have minimal processing times for children who are 6 years of age or older.
Could it be FASD?
Give us a call today to make a referral!
Ask for Tia or Kim
780-594-9905
Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

DIAGNOSTIC SERVICES
CLINIC

Life has been challenging for many Albertans due to the ever changing & often complex public health restrictions associated with the COVID-19 pandemic. We have seen an increase in social isolation, mental health challenges, substance use, financial instability & decreased access to transportation, social service supports & medical care. Many individuals are not accessing the supports they need and are trying their best to cope alone during these unprecedented times.

This is particularly concerning for individuals living with a developmental disability, such as FASD, as they are more likely to experience adversity & may be more sensitive to stress than the greater population. As such, the Lakeland Centre for FASD is proud to announce that we have continued to offer FASD diagnostic assessments throughout the COVID-19 pandemic.

Our staff have worked tirelessly to adapt our traditional diagnostic program to meet the health requirements recommended by Alberta Health Services. We have developed a virtual clinic model, in which most of our medical & social service diagnostic team members attend clinic virtually. Most of our psychological testing has also occurred virtually, which has eliminated the need for some of our clients to travel to Edmonton.

This new virtual clinic model has allowed the LCFASD to continue our diagnostic service, while adhering to health requirements. This would not be possible without the support of our diagnostic team members, including LCFASD front line staff who have worked extremely hard to support our clients in person. This year, the Lakeland Centre for FASD provided FASD diagnostic assessments to 33 residents across the Lakeland, including 21 children & 12 adults. Great job, everyone!

Whether going through the diagnostic process with LCFASD or moving into our area previously diagnosed, every client receives the assistance of one of our dedicated Outreach Coordinators who will assist them in determining their unique array of strengths and struggles. The Outreach Coordinator is then tasked with determining where the client needs support, identifying who those supports could be, and then goes on to build those supports into a collaborative network that understands the diagnosis of FASD and how that may affect our client's day-to-day life.

In response to the challenging times during the COVID-19 pandemic, Lakeland Centre for FASD Outreach team lead the Meaningful Meals program in April of 2020. Meals were delivered every Tuesday and Thursday from April until August. We had a table set up out front of the Cold Lake building for individuals to stop by and pick up a hot meal, as well as a very dedicated team of staff to cook and deliver meals within our communities. In partnership with the Cold Lake and District FCSS and the local food bank, this program was able to provide over 6000 meals to families and community members throughout our region.

When we were faced with the sudden impact of the COVID-19 pandemic we quickly realized there was a need to help support the local vulnerable population as well as our clients and community members. The Lakeland Centre for FASD has always been well supported by the community and this was our way of giving back.

"Thank-you for remembering me!"

"Any little bit helps."

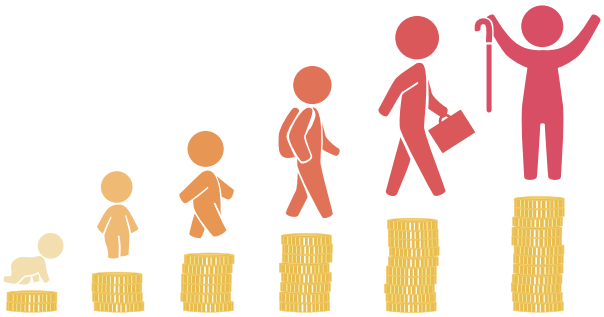
- *Meaningful meals served over 6000 meals*

LCFASD also hosted an online support group for caregivers of individuals diagnosed with, or suspected of having, FASD. Our group was launched in April of 2020, providing a platform for caregivers to meet and chat with staff as well as other caregivers facing similar successes & challenges, in a safe and non-judgmental environment. Using a virtual platform, we were able to share any upcoming training and events, the latest research, general FASD knowledge, as well as giving the caregivers the opportunity to share their questions, thoughts, and ideas, while empowering each other through their unique experiences of supporting an individual with FASD.

Being in a rural setting LCFASD has found that our caregivers face many barriers when it comes to connecting (finding care for their children, travelling and transportation, availability of technology). Using a user-friendly virtual platform, with a later-evening time slot, we can break down many of those barriers and remain connected with our caregivers, providing the supports needed.

TRANSITION

Our Transition Program offers support for our clients aged 15-24 and their families as they make their way into adulthood. This year, we had 17 clients referred to the Transition Program. As this year has looked very different, we became creative when connecting with clients.



In the early months of the pandemic, we turned virtual with an online youth group. This group highlighted topics such as healthy relationships, self-care, and FASD & the brain, while giving clients a chance to connect during our lockdown months. During summer, as things became less restricted, our Transition Coordinator helped to run our summer day camps. We added an 18–24-year-old day camp to incorporate the transition age group. Our typical summer camp does not include this age group, so it was a new experience for some. For the holidays, we hosted an online Christmas party that included a Christmas light tour, many interactive games, and virtual Christmas card making. The night ended by watching The Grinch with snack packs that were delivered to 15 clients beforehand.

The Transition Program adapted to the ever changing world this year and continued to connect and support our youth along the way!

1 of 1
LAKELAND CENTRE FOR FASD
VIRTUAL CHRISTMAS PJ PARTY
Let's celebrate Christmas Online! Wear your favourite pajamas and get ready for some cheer! Join us online for fun activities, games/prizes, virtual Christmas light tour, and a Netflix Watch Party with a snack kit!
FRIDAY DEC. 18 • 6-9PM
MICROSOFT TEAMS PLATFORM
OUR CLIENTS AGES 13+
CALL 780-594-9905 TO RSVP.
RSVP BY DEC.15 TO RECEIVE A MOVIE SNACK KIT.
20 Years

HOME
ABOUT US
GALLERY
CONTACT
EMPLOYMENT
GO!

Becky has been a part of the Employment Program at LCFASD for many years.

In January 2020, Becky began upgrading her education with the hopes of becoming a Red Sealed Chef.

Becky was accepted into the Culinary Arts Program at Portage College. The Employment program assisted Becky with housing, loans, grants and awards. She was approved for multiple loans and grants and was able to pay for most of her tuition and school supplies making the transition and move easier.

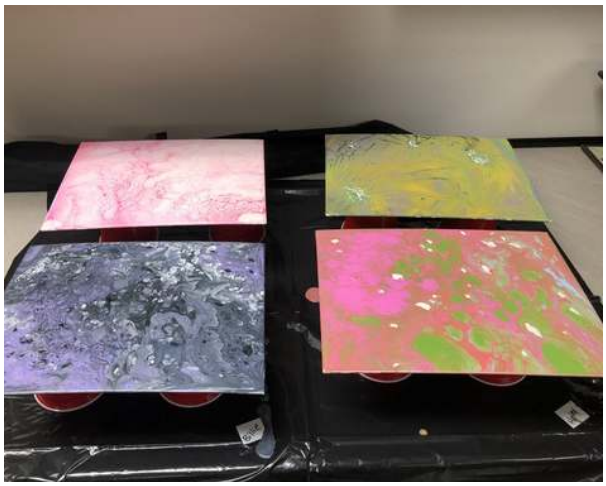
In January 2021, the Employment Coordinator supported Becky to set up a practicum. Becky's resume and cover letter was updated and successfully secured a practicum placement.

Becky looks forward to completing the Culinary Arts program and hopes to open her very own restaurant in the future.

SUMMER CAMP
STEPPING STONE LODGE

Lakeland Summer Camp: The camp where children with FASD can be themselves!

This year LCFASD offered a Day Camp as an alternative to our typical summer camp due to the health restrictions related to the COVID-19 Pandemic. Following the Government of Alberta COVID-19 guidelines for day camps, we were able to put on a safe and fun experience for campers in the Lakeland area. We ran camps for those aged 7-10, 11-13, 14-17 and 18-24 throughout August which included various activities such as scavenger hunts, art projects, yoga, traditional beading, Equine Assisted Learning, FASD talks and of course beach time with our kayaks and paddle boards. We also partnered with LICA to provide programming to learn about our waterways and how to protect them. We had 11 campers attend day camps this year and we look forward to what camp will look like in 2021, even with adjustments!



EMERGENCY HOUSING

SPIRIT ARMS

The Lakeland Centre for FASD formed a partnership with Habitat for Humanity in 2014, purchasing a bachelor suite in the Spirit Arms Building in Cold Lake. The purpose of this suite was to provide clients of the LCFASD with an Emergency Housing option. This unit offers clients at risk of homelessness, with a temporary place to stay, maximum up to 3 months, while permanent housing is explored and secured. While staying at the LCFASD Emergency Housing suite, clients are connected to the LCFASD programs including Mentorship and FASD Outreach; individualized plans are created with each client based on their needs. Clients accessing the Emergency Housing Program are connected to community supports, programming, and services.

In 2020 the Emergency Housing Program accepted and supported 5 clients, with each staying an average of 2-3 months.

Clients were connected to various supports including Counselling, Employment, Circle Drumming, Family and Community Support Services, and Health Care professionals. As well, clients were supported to attend appointment with Doctors, Dentists, Optometrists, Addiction and Mental Health Services, Child & Family Services, and the justice system. The Emergency Housing Program provides the clients with a safe, stable place to stay while addressing their physical and mental health needs to stabilize and secure permanent housing.

The Emergency Housing Program is supported by the Alberta Rural Development Network (ARDN). The ARDN manages the Rural and Remote funding stream in Alberta for Reaching Home, the new federal homelessness prevention and reduction strategy that began in April 2019.

VIRTUAL CONFERENCE

FASD & THE JUSTICE SYSTEM, FINDING SOLUTIONS

The Lakeland Centre for FASD hosted its first Virtual Conference in October 2020-: FASD & the Justice System, Finding Solutions. We had over 180 participants with 2 keynote presentations, and 12 sessions showcasing the latest research and best practices for individuals with FASD involved in the Justice System.

The conference was followed by the LCFASD's 20th Anniversary Virtual Gala and online silent auction. The celebration highlighted our successes over the last 20 years, honoring our Diagnostic Team Members, revealing a legacy award to our founder Audrey McFarlane, recognition to the LCFASD staff and programs. The online silent auction was made possible by local artists who donated beautiful artwork and talent and we thank them for their donations.

HAROLD JOHNSON

DR. MANSFIELD MELA

GLEN LUTHER

The Lakeland Centre for FASD created an award this year to recognize Audrey McFarlane, a founding member and past Executive Director of the Lakeland Centre for FASD. Audrey dedicated over 19 years of service to the Lakeland Centre, developing client centered FASD supports that are recognized as best practice models by all levels of government.

The Audrey McFarlane Award was designed to highlight FASD successes. There are two categories for the Audrey McFarlane Award; recognizing (a) individuals with FASD who have overcome an obstacle to achieve a goal in their life, and (b) families and/or caregivers who have gone above and beyond to support individuals with FASD. The Lakeland Centre for FASD recognizes these accomplishments and efforts made to improve the lives of individuals with FASD, their families and communities.

Each year, on or around September 17th, the Audrey McFarlane Award will be presented to the selected recipient.

This year, the winner of the 1st annual Audrey McFarlane Award went to Kelly and Barb Sibley. Kelly and Barb have been a longtime advocate for individuals with FASD. They have shared their home, fostering numerous children and adults diagnosed with FASD. They have supported their children to grow and learn to accept their differences, and individual strengths. Kelly and Barb have built strong relationships and support networks; they are always up to date on the newest FASD information and open to learning new skills to support their children.

Thank you, Kelly and Barb, for your outstanding support and care of individuals with FASD.

Thank
you!

LCFASD would like to recognize our employees who have reached service anniversaries. Thank-you for being such a valuable member of our team and for all your contributions.

1 Year

Mallory Boyle
Amy Park
Christina Williams
Pateresa Winter
Michele Huszar
Vera Dumais
Amanda Roth
Kelsey Turchyn

5 Year

Jada Favel
Crystal Gardiner
Jaimie Gehring
Chantelle Diesen
Michelle Lamb
Kayla Vick

10 Year

Candice Sutterfield

Jada Favel

Crystal Gardiner

Jaimie Gehring

Chantelle Diesen

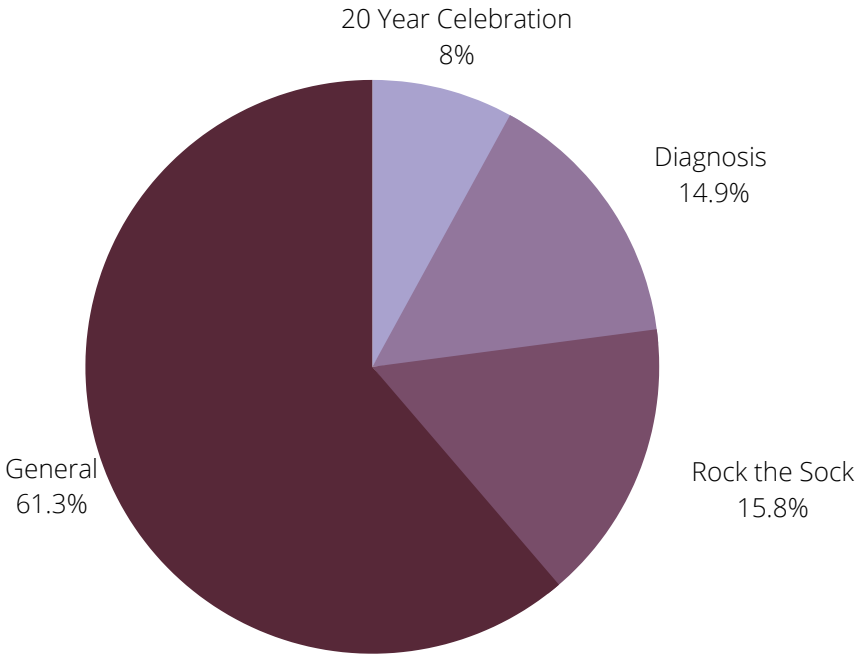
Candice Sutterfield

Michelle Lamb

Kayla Vick

LAKELAND FETAL ALCOHOL SPECTRUM DISORDER SOCIETY
Statement of Revenues
March 31, 2021 with comparative figures for March 31, 2020

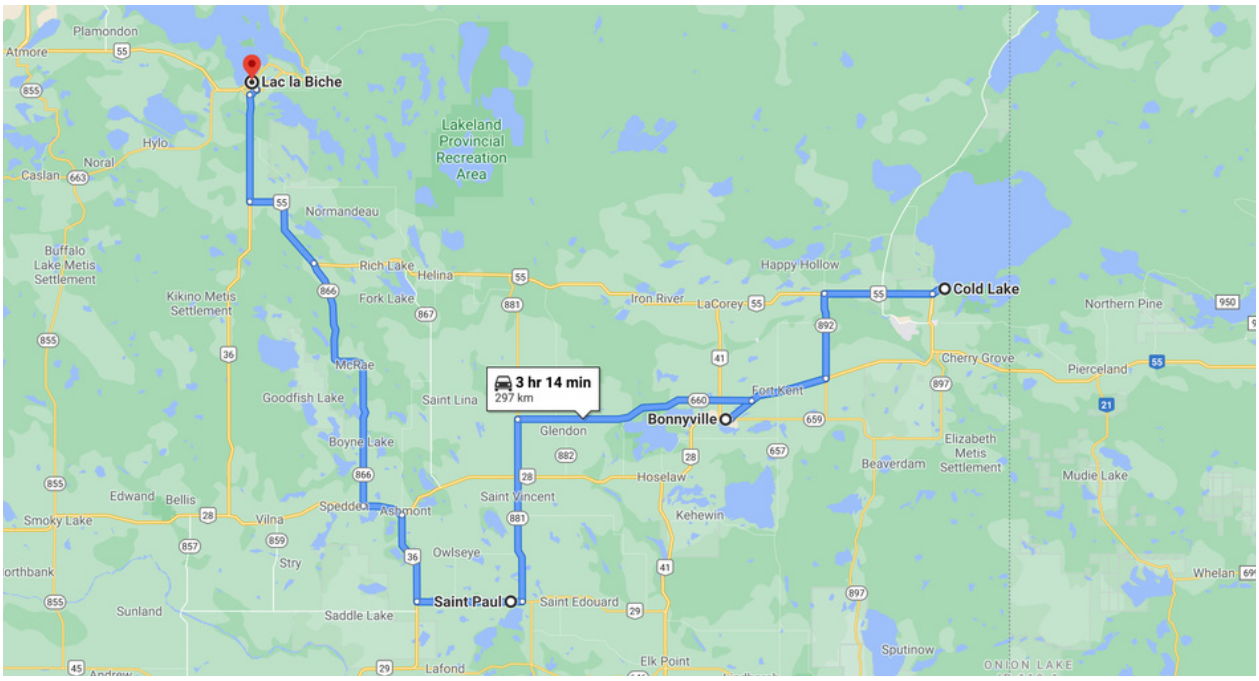
	March 31, 2021	March 31, 2020
REVENUES:		
Government Contracts & Grants	$3,450,973.00	$3,549,736.00
Other Contracts	$123,639.00	$166,007.00
Donations	$60,379.00	$23,457.00
TOTAL	$3,634,991.00	$3,739,200.00
EXPENDITURES:		
Operating Costs	$879,510.00	$931,784.00
Wages & Benefits	$2,551,276.00	$2,534,789.00
TOTAL	$3,430,786.00	$3,466,573.00



Donations

OFFICE LOCATIONS

WE ARE HERE TO HELP



Cold Lake	4823-50th Street
Bonnyville	4313-50th Avenue Unit 257
St. Paul	4707-50th Avenue
Lac la Biche	10117-102 Avenue

Lakeland Centre for

FASD

Fetal Alcohol Spectrum Disorder

Find us on Facebook

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