ANNUAL REPORT

2022-2023

LAKELAND CENTRE FOR FASD
HELP: IT'S WHAT WE DO



Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

www.lcfasd.com

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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.
- Committed to client and family safety as it is an integral part of our organization and work.
- 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.

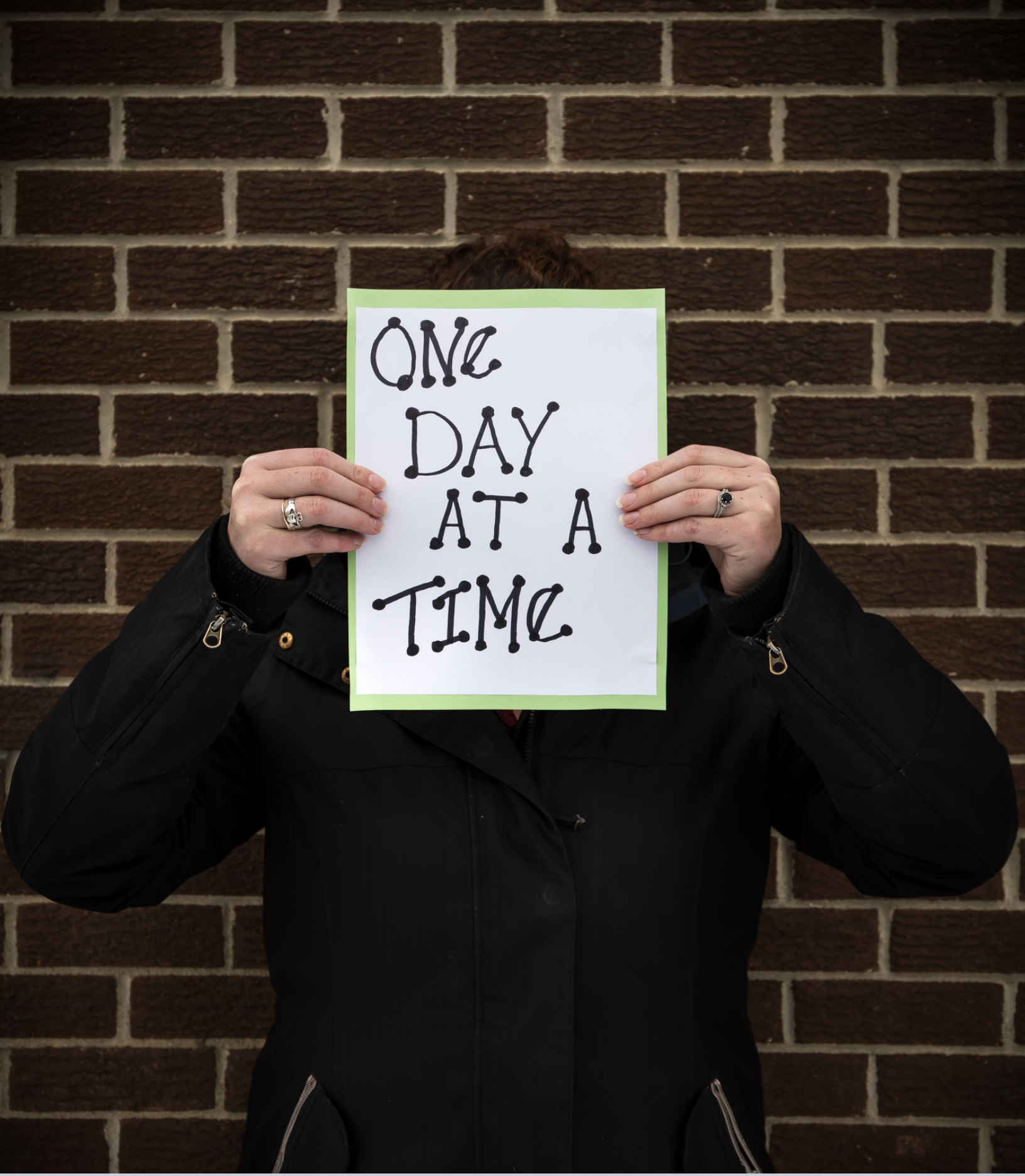


LAND ACKNOWLEGEMENT

We acknowledge the Lakeland Centre for FASD and support services is on Treaty 6 territory- the traditional and ancestral territory of the Cree, Dene, Blackfoot, Saulteaux and Nakota Sioux. We acknowledge that this territory is home to the Métis Settlements and the Métis Nation of Alberta, Regions 1 and 2 within the historical Northwest Métis Homeland. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations and whose footsteps have marked these lands for centuries.

In the Lakeland service area, there were two residential schools - the Lac La Biche Residential School/Notre Dame des Victoires which was later relocated to St Paul and named Blue Quills Residential. The high school and its residence closed in 1990. As many as 200 children enrolled annually at Blue Quills during its operation. We would also like to acknowledge the many survivors and their families in this area and those children who did not make it home. The Lakeland Centre for FASD has and continues to commit to aligning our values and actions with those guided by the TRC Call to action and United Nations Declaration on the Rights of Indigenous People. We commit to working in collaboration with Indigenous people to deliver culturally appropriate prevention, diagnosis, and intervention support to individuals and families with FASD . We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.




ONE
DAY
AT A
TIME

BOARD MEMBERS

Chair
Stephanie Oleksyn

Vice Chair
Roy Ripkens

Treasurer
Joey Daniels

Secretary
Shelley Krooks

Directors
Michelle Dargis
Victoria Sparklingeyes
Adrienne Peoples-Sprecker
Jennifer Leblanc
Curtis Blanchette

FRONTLINE TEAMS

Administration- 5 team members

Diagnostics- 3 team members

Interventions- 12 team members

Mentorship- 8 team members

Counselling- 1 team member

Camp- 4 team members

2nd Floor Women's Recovery Centre- 18 team members

Rajani Clinic Training- 1.5 team members

Contractors- 3 team members

THE MANAGEMENT TEAM



Lisa Murphy

Executive Director



Paula Dewan

Prevention Program Manager



Candice Sutterfield

Mothers to Be Supervisor



Shala Heffernan

FASD Outreach Supervisor



Sandy Boyd

2nd Floor Women's Recovery Supervisor

EXECUTIVE DIRECTOR MESSAGE

2022-2023 was a pretty amazing year at LCFASD, full of successes and challenges that lead to many innovations. LCFASD was the recipient of the *Claudette Bradshaw Award* for 2nd Floor Women's Recovery Program as well as the *Canadian Nonprofit Employer of Choice Award for 2022*.

Our staff supported 580 unique clients in our various programs this year! Several of our programs have seen record numbers and have a waiting list. 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.

As a result of this demand, we continue to adapt and rearrange our services to be more efficient. This year, we hired a short-term referral position to support our diagnostic team. The referral coordinator assisted families through the diagnostic referral process and pre-diagnostic support; this position was successful in completing 112 referrals. This position was possible with support from our funders to use some unexpended travel dollars left over from pandemic shut down. This has freed up time for the post diagnostic and mentors to spend more time with clients.

We held another successful summer camp season with a record number of children in attendance. The kids enjoyed a variety of experiences including field trips to the airbase, geocaching, hiking, swimming, paddle boarding, kayaking and lots of crafts!

It was an exciting year to share some of our innovations on a broad scale. The Rajani Clinic Training program published work from our virtual model pilot, entitled *Development and Evaluation of a Virtual Model for Fetal Alcohol Spectrum Disorder (FASD) Assessment and Diagnosis in Children: A Pilot Study*. In collaboration with CanFASD, LCFASD also published *Complementary Therapies in Substance Use Recovery with Pregnant Women and Girls*.

LCFASD hosted our 3rd Annual Virtual FASD Conference: FASD and Mental Health: It's all Connected. The conference was very well received by 125 participants who attended from across Canada. Participants heard from presenters who spoke to a wide range of areas, from research-based evidence, best practices, personal first-hand experience, challenges, gaps and needs and innovative service delivery.

We provided training and various FASD awareness activities throughout the region this year; we reached over 5000 people through training and awareness events. We engaged with a local nonprofit Indigenous radio station to develop a series of short radio scripts to ensure people in our region know about FASD, Prevention and our services. In partnership with Alberta Health Services, we held a friendly mocktail challenge with local businesses; we invited local restaurants, bars, and pubs to mix up their drink menus by including a fancy non-alcoholic option.

We presented the *Audrey McFarlane Award* to two deserving recipients this year. The winners overcame significant obstacles to achieve their life goals. It is important we recognize these accomplishments. The Audrey McFarlane Award was created in commemoration of LCFASD's founder, to highlight FASD successes, honoring families and individuals with FASD.

When working in the social service field, we know we will, at some point, be confronted with death. In 2020, LCFASD established June 22nd as "LCFASD Day of Remembering" to honor the lives of our clients who are no longer with us. Our team came together to remember our clients who have passed, sharing stories and memories.

Since 2000, the Lakeland Centre for Fetal Alcohol Spectrum Disorder has been providing all Diagnostic, Intervention and Prevention of FASD services in the Lakeland region. We continue to adapt our programming to meet the needs of our clients; we are known across the province and nationwide for our novel, non-judgmental supportive services. Our incredible staff continue to find new innovative ways to connect with our clients, adapting to the ever-evolving complexities and need for support.

LCFASD is an active member of the Alberta FASD Service Networks 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.

Thank you to all our partners, community supporters, families and individuals that we work with for all the encouragement and continued support.

Lisa



EXECUTIVE DIRECTOR

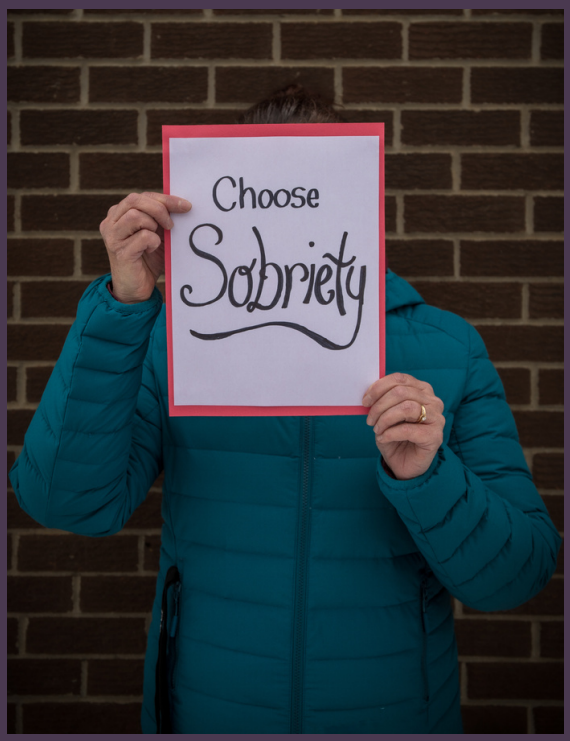
Lisa Murphy



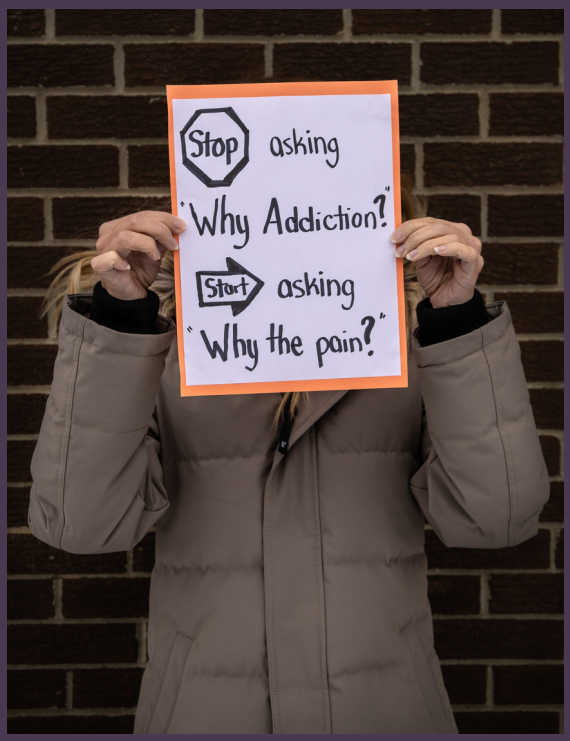
OUR PROGRAMS AND SERVICES

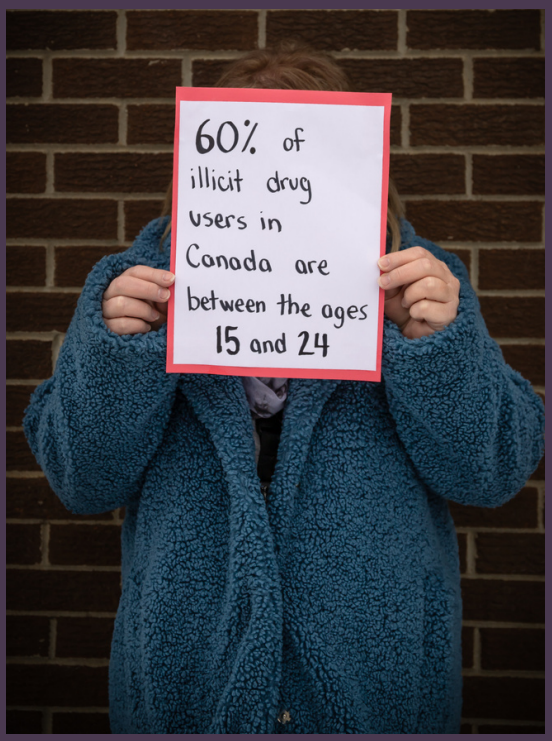
- LCFASD served 580 unique individuals and families
- The 2nd Floor Women's Recovery Centre served 28 women
- Mothers-To-Be Mentorship Program served 118 women
- Diagnostics assessed 58 individuals
- The Counselling Program supported 70 clients
- The Outreach Program served 243 clients and families




Choose
Sobriety


HOLD
ON,
Pain
Ends.


Stop asking
"Why Addiction?"
Start asking
"Why the pain?"


60% of
illicit drug
users in
Canada are
between the ages
15 and 24

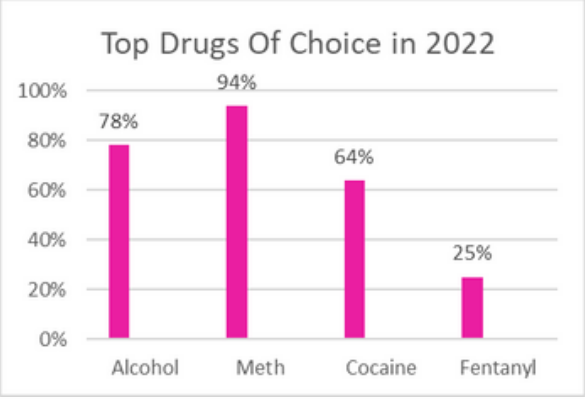
THE 2ND FLOOR WOMEN'S RECOVERY CENTRE

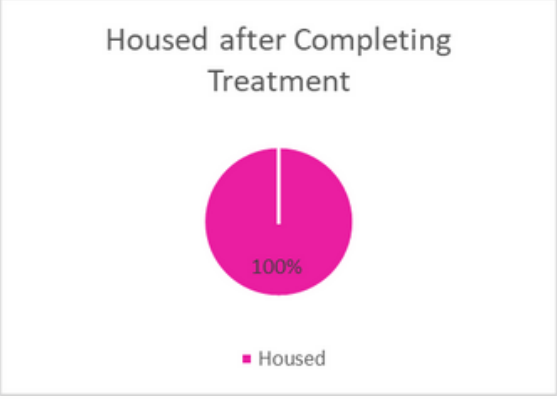
The 2nd Floor Women's Recovery Centre is a live-in addiction recovery centre exclusively for self-identified women; priority is given to women who are pregnant, or at risk of becoming pregnant. 2nd Floor focuses on supporting women with problematic substance use in order to help them develop healthy lifestyles and have healthy children in the future. We work to create individual treatment plans for every woman, taking account each woman's unique circumstances, followed by an aftercare plan that builds a support network to assist her in the recovery journey. Our program focuses on life skills, trauma informed care and harm reduction-based programming. We provide one to one addictions counselling and group sessions and the women also have access to alternative therapies.

Over the last year our goal was to continue connecting with each client and identifying their individual needs while in program. Although the 2nd Floor has always created an Individual Recovery Plan, we are working to dive deeper. This included creating more connections within the community, supporting clients through their grief and loss, addressing long term health issues, dental and vision care. We believe our ability to individualize wrap around care has helped clients be successful at the 2nd Floor throughout 2022.

November 21- November 27 was National Addictions Awareness Week. 2nd Floor arranged a local photographer to do a photoshoot with our clients to highlight the personal transformation that occurs throughout recovery as well as some photos with statistics. Posters were made with these images and posted around the community to raise awareness. In addition, 2nd Floor planned an indoor community walk. We used a local walking track to setup a booth with recovery-based resources and supports along with all posters created for community members to see throughout the week.

Women served to date: 336
Percentage with FASD Diagnosis or suspected to date: 79.1%
Average length of stay: 42.5 days



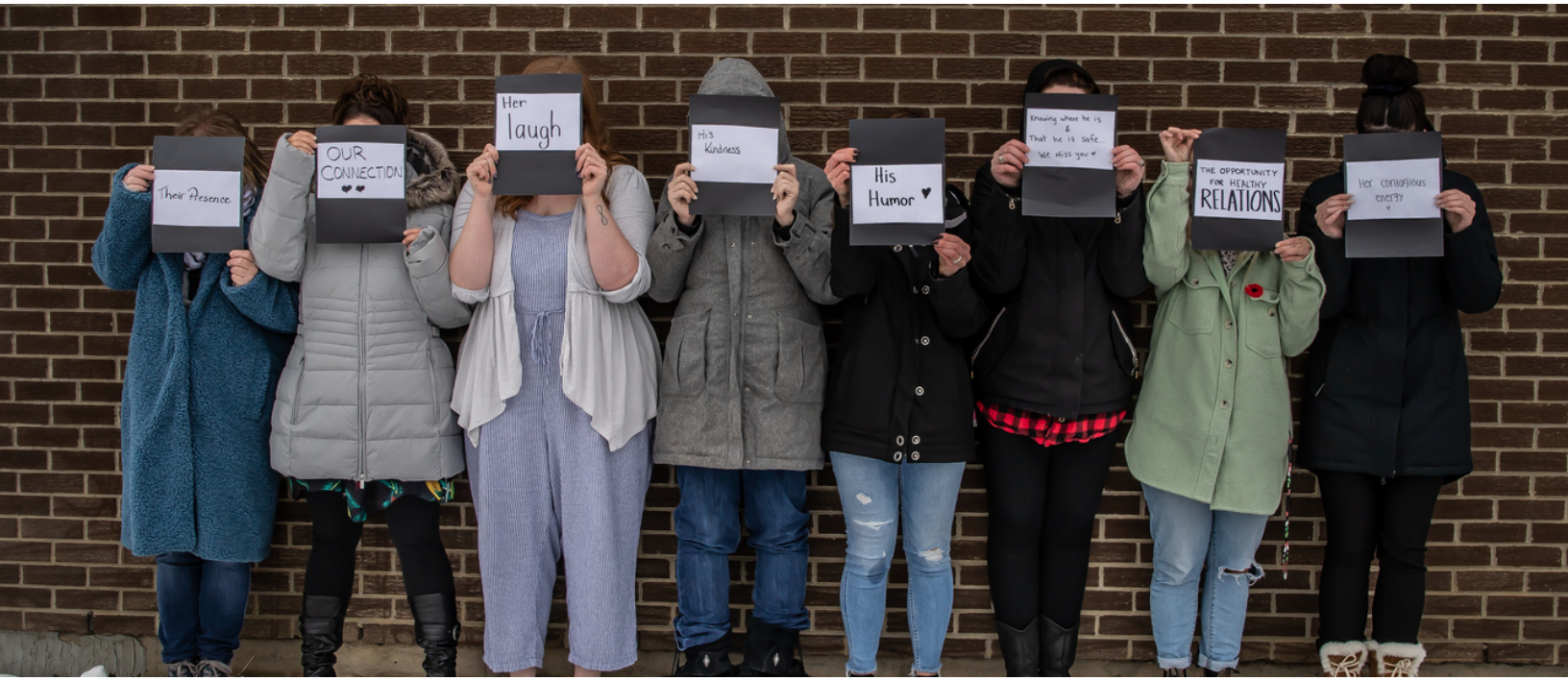


2ND FLOOR SUCCESS STORY

A recent pregnant graduate from our program completed 82 days and worked very hard towards her sobriety. During her time with us she participated in all sessions despite having some challenging days, completed 30 workbooks, all Triple P Parenting Programs, attended Healthy Babies program, began weekly programming at Stepping Stone Crisis Society, studied for and obtained her driver's licence. She worked hard to build a foundation of knowledge about her past so she would be able to continue moving forward from her past struggles.

nd Floor
Women's Recovery Centre

After graduating from our program, she began upgrading her high school education in hopes to be accepted into the Social Work program at the local community college. At our two week check in, she stated she was opening a savings account for a car so she would be able to get to school and drop her kids off at daycare without relying on public transportation. She is looking forward to her future and continues to be very dedicated to her sobriety and dream of working in the Social Work field.



COUNSELLING

Approximately 90% of individuals with FASD face mental health challenges. The Lakeland Centre for FASD Counselling Services aims to provide support to individuals with FASD and their families, as well as women living with problematic substance use. LCFASD Counselling Services works with clients using strengths-based and trauma-informed approaches to address a variety of topics including:

- Anxiety
- Depression
- Emotional regulation
- Alcohol and substance use
- Grief and loss
- Chronic health issues
- Identity issues
- Trauma
- Stress
- Relational challenges
- Spirituality
- Self-esteem

To best support our diverse population, LCFASD Counselling Services also utilizes FASD best practices and art therapy to help clients gain a stronger understanding of themselves, increase self-esteem and to improve their interpersonal skills, communication, relationships, emotional regulation and resilience.

In 2022-23, LCFASD Counselling Services supported 70 clients over 437 individual sessions.

This year, 26 women from the 2nd Floor Women's Recovery program accessed both weekly individual counselling and group sessions. In total, 42 group sessions were held and topics included:

- Land-Based Healing
- Calm, Cool, Connect: The Importance of Emotional Regulation
- Healthy Intimate Relationships
- Maintaining Recovery
- Effective Communication
- Setting Healthy Boundaries
- The Art of Self-Care
- The Power of Positivity
- Healthy Decision Making
- Creating a Community of Kindness
- Mindfulness In Action

Our Counsellor engaged our campers in weekly art activities at our Lakeland Summer Camp and provided support to summer camp leaders on a weekly basis.

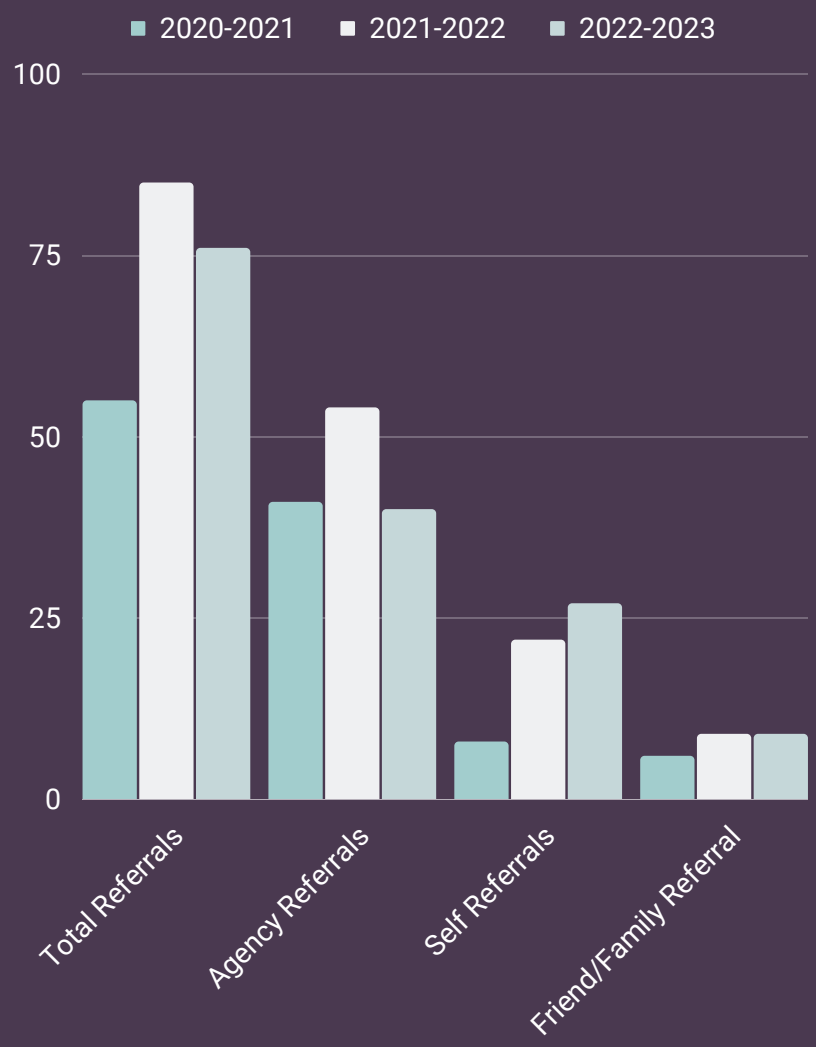
At the Lakeland Centre for FASD's conference FASD & Mental Health; It's All Connected, our Counsellor, Randi Martin, presented on her original research: The Benefits of Using Expressive Art Making with Children with FASD and with Melanie Fersovitch from Alberta Health Services on e-Mental Health for Youth & Young Adults.

To promote continuing education to best support our clients, LCFASD Counselling Services attended the Alberta Recovery Conference in Calgary, FASD Sessions Conference: FASD & Sensory Impairments in Saskatoon, and received the Wellbriety Medicine Wheel & 12 Steps for Youth Facilitator training. In addition, we continued our partnership with Alberta Health Services to pilot the InnoWell Platform which aims to improve the wellbeing of youth ages 15-24 by tracking mental health symptoms between sessions and providing online resources.



MOTHERS-TO-BE

Mentorship Program



What's the importance of a self referral ?

The most difficult hurdle of self-reflection and contemplation has been completed, when an individual takes steps to ask for support. Often self referrals move through the program more open to relationships with their mentor, ready to take the hard steps and make positive changes in their lives and the lives of their children.

A MENTORING SUCCESS STORY

"Reagan's Story"

"One night, I googled what I was going through; homelessness, addiction and expecting. LCFASD popped up in my search engine, so I called after hours and left a message. The Mentor Supervisor called me the next day and I signed up for the Mothers to Be Mentorship program. Two weeks later, I was at the 2nd Floor Women's Recovery Centre.

Where to start …..I'll start by saying a little bit about myself. My name is Reagan, I'm a single sober mother with three children, 2 boys and 1 girl. My children mean the world to me, I'd move mountains for them. Not long ago I was a lost version of myself. Unrecognizable, unstable, broken and making bad decisions. I decided after a rough Christmas spent alone in a women's shelter; enough is enough. With my hard work and guidance through the Mentorship program, my Counselors and Social Workers, I found the light inside myself I thought was lost. It's been burning bright ever since and I can see clearer now, more than ever. I'm a resilient woman who overcame a traumatic childhood and lost my innocence, in abusive relationships, CFS involvement and living with addiction.

I overcame all these obstacles because of the strong women who guided me. They motivated me to become a better version of myself."



THE PREVENTION CONVERSATION

A shared responsibility

The Prevention Conversation is a catalyst for engaging women and their partners in the conversation about the risks of drinking during pregnancy or before a woman even knows she is pregnant.

The Lakeland Centre for FASD has been involved in the Prevention Conversation project since 2013. Throughout this time, facilitators have put their efforts towards creating a safe and non-judgmental space for women to receive support. In addition, they have provided training and resources for professionals to increase their ability to be a part of the prevention conversation. Our facilitators have worked to connect in all areas of our region, including all First Nation and Metis communities.

Over the past year, Prevention Conversation Facilitators have held 35 training sessions. These sessions reached over 720 individuals throughout the Lakeland region. This was well over our target of 525 individuals. These training sessions focused on topics such as foundations of FASD, youth and adult prevention conversations, and supporting agencies in their basic and advanced awareness of FASD.

Through our community engagement and development, we have been very successful in reaching a variety of audiences. This includes professionals from sectors such as health, wellness, education and childcare. We had a large increase in booths and presentations to the public and youth. Some of which were at three different school divisions, an Inclusive Education event, a Women of Land Conference, Indigenous Culture Camps, and three addiction treatment centers. A highlight from this year was training 63 staff from 3 branches of a local daycare in the foundations of FASD.

Our Mothers to be Mentors and Outreach Team continue to be trained and monitored by Prevention Conversation Facilitators and have been working hard over the past year to present the prevention conversation to youth, women of child barring age and their partners. With their help, the Prevention Conversation was able to spread into two different school divisions within our Region.

We have continued our online presence as the restrictions for Covid-19 eased. Continuing to offer virtual training, lunch and learns, increased our Instagram and Facebook awareness posts, and brought the Prevention Conversation to the radio through our ads on 96.7 Windspeaker radio.

Overall, we have had a successful year in finding new and innovative ways to spread awareness, create connections, and increase the Lakeland's knowledge of why alcohol and pregnancy, don't mix.

Let's Talk

The Prevention Conversation

It's time to talk about alcohol and pregnancy



About sex and drinking

INTERNATIONAL FASD AWARENESS DAY

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 to individuals prenatally exposed to alcohol and their families.



After 2 years of restrictions, it was great to be able to hold in person events again. FASD Day events were held around the Lakeland region that included serving hotdogs and having Mocktail challenges to bring awareness to FASD.



Congratulations to New Dawn Metis Women's Society for their winning mocktail -Blueberry Metis Mockjito .

Thank-you to all our participants and sponsors for a successful day.



RAJANI FASD CLINIC TRAINING

Provincial

Lakeland Centre for FASD has trained and supported Alberta FASD Diagnostic and Assessment teams by providing comprehensive training services since 2011. The Rajani FASD Clinic Training Services, under the umbrella of LCFASD, offers training for current and developing FASD Assessment and Diagnostic Clinics.



Rajani FASD Assessment & Diagnostic Clinic Training Services provides:

- FASD Assessment and Diagnostic training on the Canadian FASD Diagnostic Guidelines (2015)
- Face-Face; virtual; large group training events; Community of Practice meetings.

Trainers:

- Pediatricians with expertise and extensive background in FASD Diagnosis
- Ph.D., Reg. Psychologists
- Speech Language Pathologist
- Forensic Psychiatrist
- Clinic Coordinator trainers

THE YEAR IN REVIEW

- The Rajani FASD Clinic Training (RCT) team hosted three Community of Practice events, to Speech and Language Pathologists, Psychologist and Occupational Therapists, exploring barriers that may exist with clinics for assessing pre-school aged children.

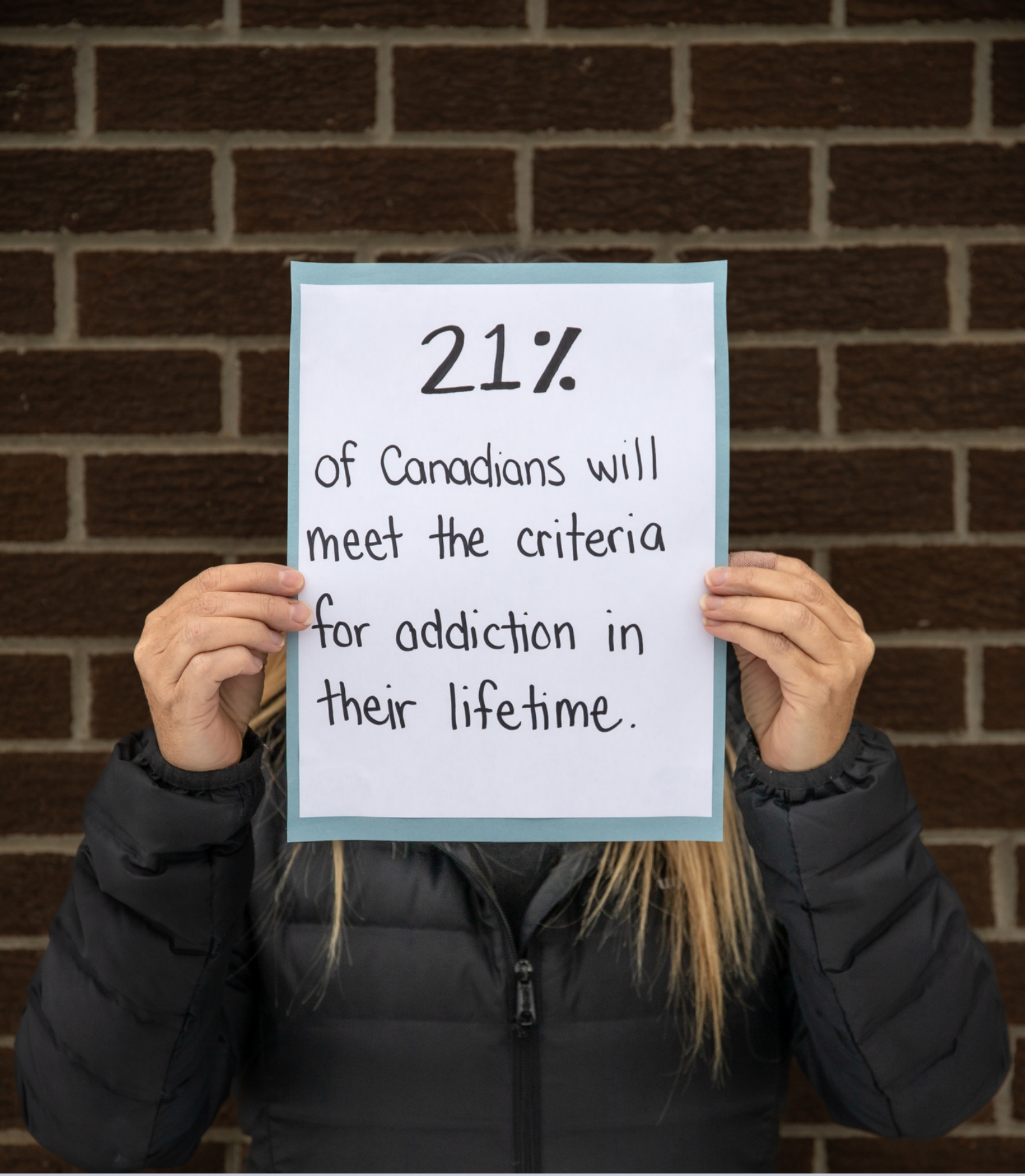
- We hosted the Annual Clinic Coordinators meeting in Edmonton. Participants learned about 10 Brain domains using the functions in everyday life, Prenatal Alcohol Exposure (PAE) conversation panel discussing PAE conversation techniques, theories and research, the value of relationship building, lessons learned, and challenges faced, research updates and SGBA+ in FASD Diagnostic Clinics.

- The RCT team offered a 4 week breakfast learning series to new Clinic Coordinators. Coordinators learned and discussed Diagnostic Guidelines, Team Leadership, Roles and Responsibilities, Review of the New Competency Framework for FASD Assessment and Diagnostic Clinics, Best Practices for PAE Collection, Birth Mother Interviewing, Challenging Scenarios in PAE Collection and Clinic Considerations: Tips, Tricks and Practices.

- Quarterly Links Newsletter was shared with Alberta clinic teams. This newsletter connects Clinic Coordinators and Clinicians to new and current research trends in the FASD world and highlights key “goings on” across the province, nationally and globally with respect to FASD.






21%
of Canadians will meet the criteria for addiction in their lifetime.


ALCOHOL
is the most
common drug
used by
Canadians.

DIAGNOSTICS SERVICES

This year, the Diagnostic team worked hard to adapt our service delivery to best meet the needs of individuals within the Lakeland region. While our psychological assessments continue to be performed virtually, we have implemented a hybrid clinic model, and are once again able to host clinic days in the communities where individuals live. Despite the challenges of a global pandemic and an evolving clinic model, our team successfully provided diagnostic assessments to 36 children and 22 adults this year!

The Referrals Coordinator has continued to be an asset to the Diagnostic team. In the 2022-23 fiscal year alone, we received 112 new referrals! As this is a travelling position, it has also ensured that individuals have safe and reliable transportation to attend their appointments; a barrier commonly experienced by families living in rural areas. We have hosted multiple referral days in Saddle Lake, which has also allowed us to build important relationships within the area.





As we welcomed new members to the Diagnostic team, we were trained to use a computer software to analyze the facial features of individuals being assessed. Although the presence or absence of facial features does not necessarily impact an FASD diagnosis, this facial analysis is an important piece of a complete FASD assessment. Having in-house team members trained with this software has been an asset in completing assessments in a more efficient manner.

As health guidelines and restrictions eased, our team was eager to reconnect and support our community while doing so! In December, we hosted our diagnostic retreat, which was focused on strengthening the relationships within our team. After a festive lunch and sharing an overview of our year, we divided into groups and had a fun-filled, team building afternoon taking on the escape rooms at Cold Lake's Pandora's Locks.

We appreciate the hard work and dedication from all of our team members to support individuals across the Lakeland. We hope to continue improving our services in the coming year!

OUTREACH

The definition of 'outreach', according to Merriam-Webster, is 'the extending of services or assistance beyond current or usual limits'. The Outreach team at Lakeland Center for FASD, is a living, breathing example of this definition. Whether our clients are coming though our FASD Diagnostic Clinic for the first time, moving into the Lakeland area with a diagnosis, or need connections to local supports, our Outreach team is here to help. Outreach Coordinators understand the very broad and complicated diagnosis that is FASD. The goal of our Outreach team is to connect with clients, identify their needs, as well as strengths, and help them to build a support network that allows them as much independence as possible-regardless of age and/or ability. Support is not just limited to our clients, we also assist client caregivers, helping them understand the diagnosis and offering support to the family.

Lakeland Center for FASD recognizes the importance of community as well. Our Outreach team is always eager to get out into our Lakeland communities to spread awareness and education. With most Covid restrictions now a memory, we continue to look forward to serving our community and building strong relationships with our clients and families.

243 clients served this fiscal year
8949 individual clients contacts were made, this fiscal year



AN OUTREACH SUCCESS STORY

Jason is a 12 year old boy who was diagnosed with FASD in 2021. He was referred to the clinic from his school, as he was showing challenging behaviours everyday and at times escalated to the point of violence and police involvement. Through the clinic process he was connected to a pediatrician and began medications to help support him with anxiety, ADHD, sleep and aggressive behaviours. Shortly after being diagnosed with FASD, he spent approximately three months at the Glenrose Hospital in their stabilization program; they found that he did well with structure, routine, positive relationships and with a small class size.

Before Jason returned to Cold Lake and back to school, his LCFASD Outreach Coordinator worked with the provincial Wrap 2.0 Facilitator to suggest strategies and provide education regarding FASD, and specifically what that meant for Jason. The school was able to create a one to one program for him to transition back, with the ultimate goal of him returning to the classroom with his peers full time. Knowing that he had an FASD diagnosis and receiving education, it allowed the school and his family to see clear goals for his behavior, his areas of deficit and his areas of strength to build on. They saw that this was a boy who was lacking confidence, struggling with anxiety when expectations were too high, who felt rejected at times because he could not meet those expectations, and really needed those around him to understand that his level of functioning did not match his actual age. The way he was going to be successful was to adapt his environment, adapt expectations from those around him, plan proactive strategies and provide appropriate reactions to his symptoms of FASD.

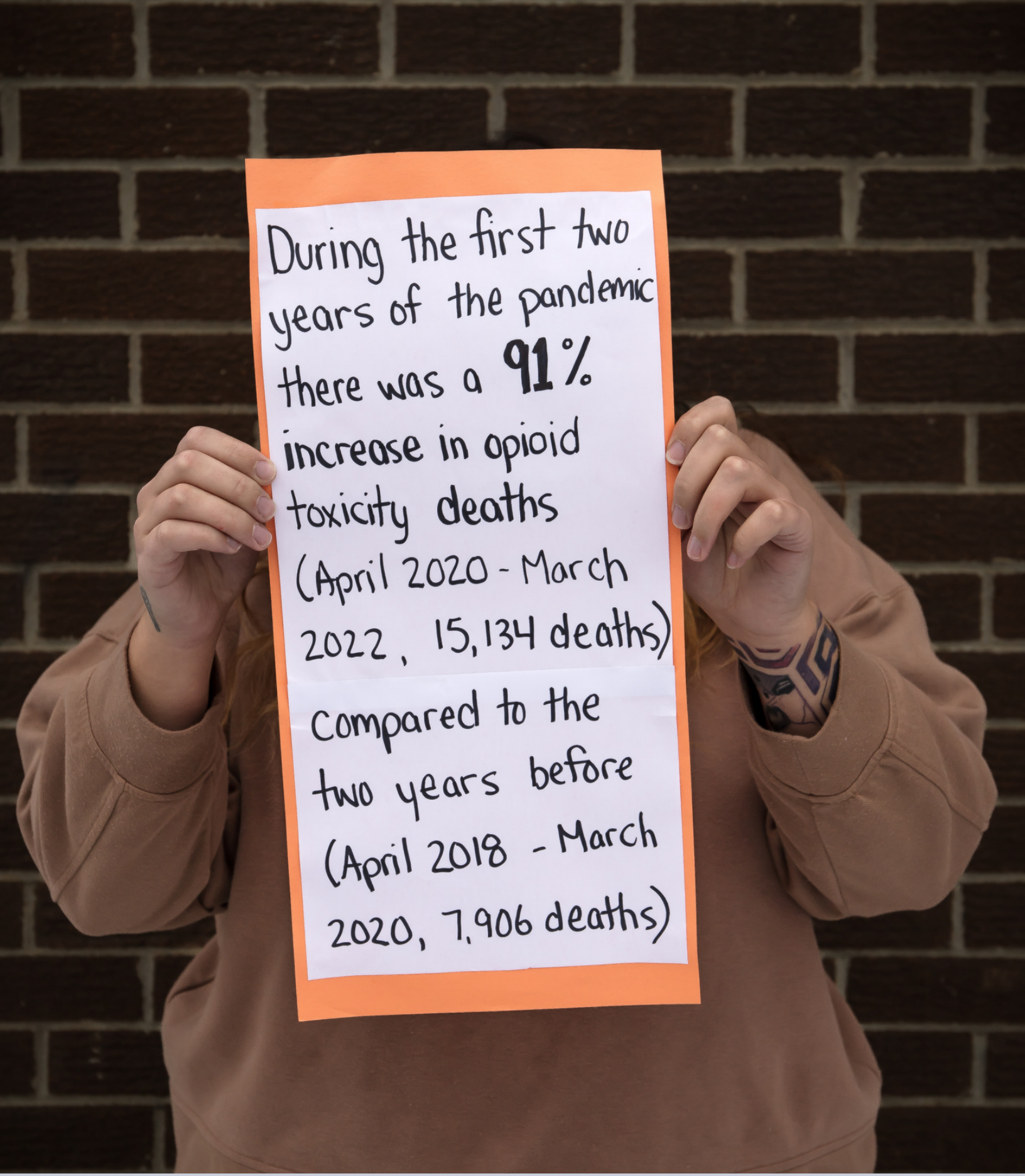
His family has worked very hard to implement changes in the home that allow him to grow in his confidence, have the structure needed for his daily routine, and have strategies in place for supporting his emotions. In the past year he has moved from attending school half days in an individual out of classroom school program, to a fully integrated program within the classroom. He still has a one to one Educational Assistant, but he feels confident enough to be in the classroom full-time with his peers, writing exams and staying for full days. He has a group of supports at his school that have worked extremely hard together to understand his needs and make Jason feel wanted and part of the class. He joined the basketball team this year, participated in practices, scored baskets in games, and was extremely proud when his team won the city tournament.

TRANSITION

LCFASD Transition Program assists our clients aged 15-24 along with their support systems as they plan for the next steps. Transitioning to adulthood can be a challenging path to navigate. This program helps connect with services and supports to relieve the potential stresses ahead. Preparing for this difficult phase of life can help reduce adverse outcomes that can arise in early adulthood.



This year, our Transition Program has received 10 new referrals, made connections with 20 clients, and 9 transition plans were completed. Some highlights from this year include completing high school courses, securing housing, applying to college programs, and connecting with community supports. Overall, this strengths-based service helps our young clients see their full potential and accomplish their goals for the future.


During the first two years of the pandemic there was a 91% increase in opioid toxicity deaths (April 2020 - March 2022, 15,134 deaths) compared to the two years before (April 2018 - March 2020, 7,906 deaths)

EMPLOYMENT

The LCFASD Employment Program offers hands on, one to one support for individuals looking to meet employment goals. We use a strength-based approach to develop unique plans identifying our clients strengths and skills and connecting with appropriate employment options.

LCFASD Employment Coordinators assist each client with resume building, writing cover letters, and completing job applications; we provide support for employers as well as the employee, to ensure a positive experience for all involved. Clients in the Employment Program are supported in work placement opportunities. Clients are encouraged to take part in hands on skills building and providing opportunity to learn professionalism and time management in a workplace setting. Volunteer supports are provided to individual's who seek to learn new skills to better prepare for future employment. Employment services connect with local charities and community to find meaningful volunteer experience. Volunteer experiences enhance skills and provide valuable work experience for our clients. Employment Coordinators assist individuals with accessing important documentation such as identification, social insurance number and bank information. The Employment Program will assist clients to further their education or upgrading; helping to register and apply for programs, seek financial assistance and finding housing for school when appropriate.

Employment Group is offered Thursdays in Cold Lake with pop up sessions throughout the year in the Lakeland region. Employment Group is a safe environment, where clients are exposed to a variety of topics that build on employment readiness skills. Topics include interviewing skills, work readiness, self-care, goal setting and exploring career options. 161 participants attended Employment Groups this year.

Employment Coordinators consult with Employers ensuring FASD training, one to one supports for employers to identify clients' strengths and strategies are in place to support clients in a successful environment. This is also a great opportunity to build connections within the community.

AN EMPLOYMENT SUCCESS STORY

Gabrielle was referred to the employment program with support from a community partner. Gabrielle was struggling to find and maintain employment due to many complexities connected to her FASD diagnosis; minimal high school education, challenges with substance abuse, unstable housing, lack of transportation and required childcare for her children.

With support from the Employment Coordinator, Gabrielle explored her challenges and barriers to finding employment. The Employment Coordinator supported Gabrielle to turn her challenges into goals and was able to work through many of these barriers. She worked with the Employment Coordinator to learn and develop her interests; Gabrielle applied for and was accepted to the 'Pathways to Employment' program at Portage College.

Gabrielle and the Employment Coordinator continued to work and explore career plans. Gabrielle expressed an interest to learn about bakeries and hoped one day to own a bakery of her own. The Employment Coordinator was able to set up a job shadowing opportunity at a local bakery where Gabrielle learned the ins and outs of how a bakery operated. This experience provided encouragement that Gabrielle needed to continue her pathway forward.

Gabrielle remains supported by the Employment Coordinator and her post-secondary team.





SUMMER CAMP



LCFASD Summer Camp was back to the regular swing of things again this year. With restrictions behind us, we prepared for our usual 6 weeks of overnight camps! This year, we had an amazing turn out. 46 campers attend over the summer and a record number of applications submitted. We have seen huge growth in our camper numbers over the recent years. While at camp, attendees enjoyed art projects, nature walks, and organized field games. Lots of time was spent at the French Bay beach where campers swam, kayaked, played in the sand and explored the nature around them. We had visits from other organizations such as LICA to help campers learn about our environment as well as Metis Nation of Alberta highlighting Metis culture. Some outings included visiting the local swimming pool, horse painting and volunteering at the Lakeland Humane Society. With another great summer behind us, we are looking forward to what next year will bring!

Stepping Stone
LODGE



TRANSITIONAL HOUSING

The Transitional Housing Program (THP) provides clients temporary housing that allows their life situation to stabilize while connecting to supports. Individuals with FASD are connected to an outreach worker who assists the individual in determining needs and working towards security of permanent housing.

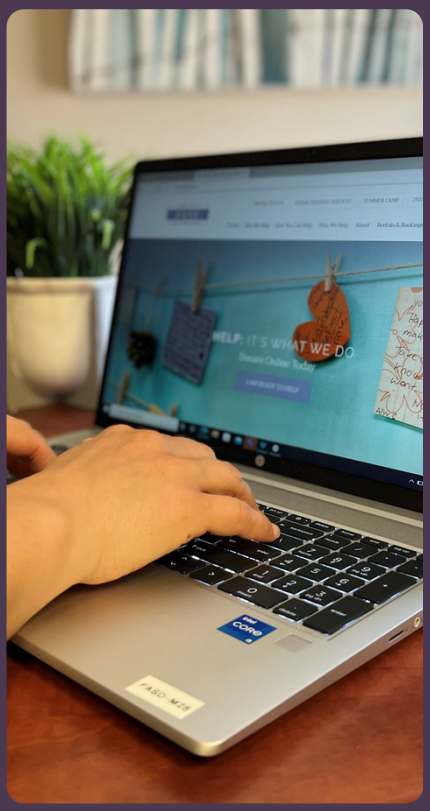


The THP provides clients a temporary place to stay for a maximum of up to three months. While clients are staying in the THP they are connected to the Mother to be Mentorship Program or FASD Outreach Services. Both programs support the client with a designated worker that connects them to LCFASD support services or connects them to community health services based on their needs or issues that they are experiencing.

In 2022 the THP had four clients occupy the bachelor suite in the Sprit Arms building. The THP program was occupied for 37.5 weeks with a 72 % occupancy rate. Clients were connected to LCFASD support services such as Employment Group, Table Talks, Counselling sessions and Circle Drumming sessions. The community health services that clients were connected to were FCSS programs, Psychologist and Probation appointments.



VIRTUAL CONFERENCE





Jacqueline Pei, R. Psych., PhD

A Professor in the Department of Educational Psychology and Assistant Clinical Professor in the Department of Pediatrics at the University of Alberta.



Dorothy Badry, PhD, MSW, RSW

A Professor in the Faculty of Social Work, University of Calgary.

"Great presentations, thank you."

"Excellent presentation and positive balance on strengths and resiliencies."

"Excellent, I learned so much especially how young children present with suicide talk or ideation."

FASD and Mental Health; It's All Connected Conference

October 2022, the Lakeland Centre for FASD hosted our 3rd Virtual Conference *FASD & Mental Health; It's All Connected*. Individuals with FASD experience higher rates of mental illness than the rest of the Canadian population; research indicates an estimated 90% of people with FASD experience mental health concerns.

Research has found that 43% of individuals with FASD have experienced or displayed suicidal ideation, and 23% have experienced a suicide attempt. Mental health is an extremely important consideration when discussing the needs, supports and resources for individuals with FASD. The problem is that traditional therapeutic approaches to addressing mental illnesses are ineffective when they do not take into consideration the unique brain profile of individuals with FASD. It's time to take a holistic approach in understanding that the mental health of people with FASD is influenced and impacted by many variables including: their physical health and well-being, their use of substances, involvement with the Justice system, suicidal thoughts or attempts and being unhoused, as well as the level of understanding by their support systems. With an integrated approach to mental health and wellness that is FASD-informed, we will see better health outcomes for individuals with FASD.

Our FASD and Mental Health Conference provided a national forum for researchers, policy makers, and service providers with an interest in FASD to share their research, evaluations, experiences and practices related to FASD and mental health. It created awareness to issues related to mental health and mental illness for those diagnosed with FASD and their support systems. Sharing these important holistic conversations foster a commitment to advance the knowledge and implementation of evidence informed strategies and programs for all those who attended this virtual conference.

125 Participants attended from across Canada.

Keynote speakers included Dr. Dorothy Badry, a Professor in the Faculty of Social Work, University of Calgary and Dr. Jacqueline Pei, a Professor in the Department of Educational Psychology and Assistant Clinical Professor in the Department of Pediatrics at the University of Alberta.

MOCKTAILS

The Lakeland Centre for FASD (LCFASD) offers our Mocktail Magic Bar, providing great tasting non-alcoholic beverages for your special events. Mocktail Magic is a service promoting prevention, education and awareness about prenatal alcohol exposure. This mocktail service received a new name and new look in the 2022 year.

Our Mocktail Magic Bar was hired at four events in the 2022 year. A local business celebrated their 30 Anniversary serving the Cold Lake community and had us serve great tasting mocktails at their celebration. We provided mocktails at two graduation ceremonies which kept the volunteers very busy preparing and serving over 2000 delicious drinks. To complete the year, Mocktail Magic served at a Christmas youth supper featuring our famous Grinch Mocktail and wearing ugly Christmas sweaters to support the agency's theme.



Mocktail Magic
LAKELAND CENTRE FOR FASD



The Mocktail Magic Bar can be booked for graduations, business celebrations, holiday events or any special occasion you want to provide a non-alcoholic beverage to your guests. To book your Mocktail Magic Bar for your event or for more information, please contact the Lakeland Centre for FASD at 780-594-9905 or email admin@lcfasd.com.




Mocktail Magic
LAKELAND CENTRE FOR FASD
Mocktail Magic
LAKELAND CENTRE FOR FASD

AUDREY MCFARLANE AWARD

Each year, LCFASD recognizes accomplishments with FASD and efforts made to improve the lives of individuals, families and communities. The Audrey McFarlane Award was designed to highlight the successes. There are two categories; recognizing (a) individuals with FASD who 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 winners of the 3rd Annual Audrey McFarlane Award went to : Larrisa & Reagan.





SERVICE AWARDS


Darlene Desrochers


Mealnie Kwiatkowski


Treena Kurek

1 YEAR OF SERVICE: Melivina Bristow, Darlene Desrochers, Lori Hamel, Treena Kurek, Melanie Kwiatkowski, Kassandra McKay, Breanne McLeod, Abby Morris, Ellen Nyakuridysia, Michaela Westergaard.

5 YEARS OF SERVICE: Sandy Boyd

10 YEARS OF SERVICE: Paula Dewan, Helda Klassen, Lisa Swan


Helda Klassen, Lisa Swan, Paula Dewan

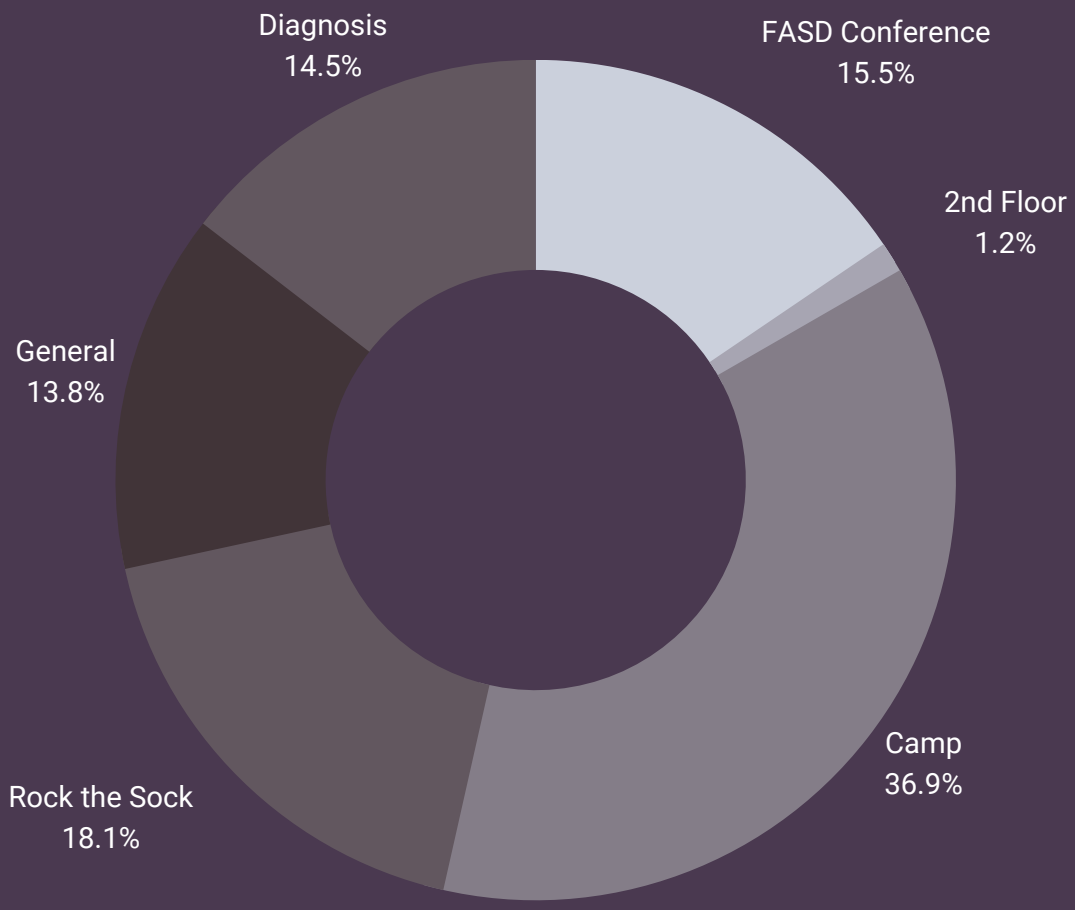
FINANCIAL SNAPSHOT

LAKELAND FETAL ALCOHOL SPECTRUM DISORDER SOCIETY

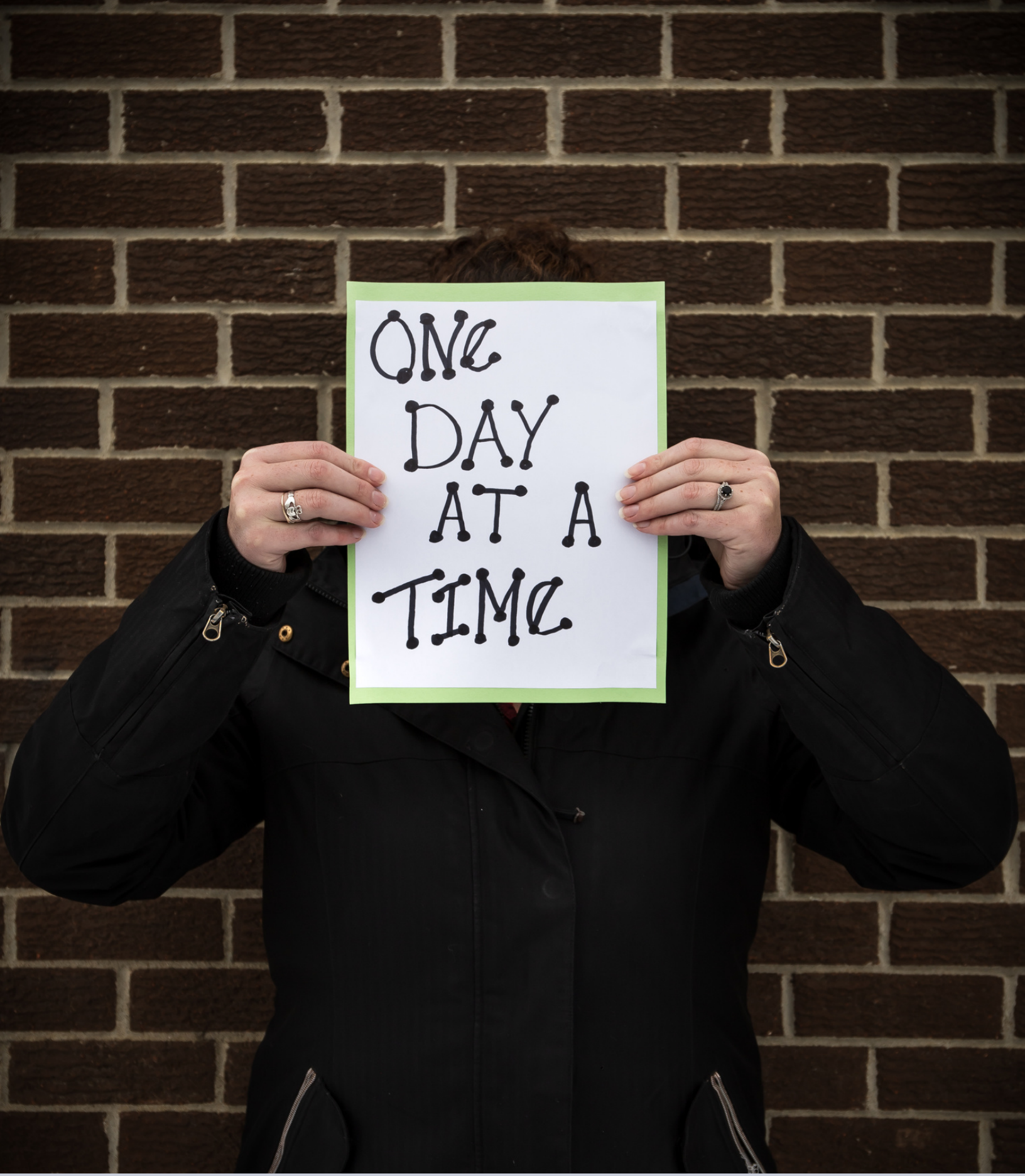
Statement of Revenues
March 31, 2023 with comparative figures for March 31, 2022

	March 31, 2023	March 31, 2022
REVENUES		
Government Contracts & Grants	$3,794,913.48	$3,844,822.00
Other Contracts	$210,953.21	$195,836.00
Donations	$42,427.26	$99,859.00
TOTAL	**$4,048,293.95**	**$4,140,517.00**
EXPENSES		
Operating Costs	$1,446,979.00	$1,042,555.00
Wages & Benefits	$2,689,673.00	$2,904,485.00
TOTAL	**$4,136,652.00**	**$3,947,040.00**

DONATIONS



Thank-you to all our of our donors for their continued support.


ONE
DAY
AT A
TIME

CONTACT US



780-594-9905



admin@lcfasd.com



www.lcfasd.com



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T9M 1P1

OFFICE LOCATIONS

Cold Lake
4823-50th Street

Bonnyville
4313-50th Avenue Unit 257
C2 Centre

St. Paul
4707-50th Avenue

La La Biche
10117-102 Avenue

Lakeland Centre for

FASD

Fetal Alcohol Spectrum Disorder

Stepping Stone LODGE

2nd Floor

Women's Recovery Centre

Mocktail Magic

LAKELAND CENTRE FOR FASD

Canadian Nonprofit Employer of Choice 2022

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