

Lakeland Centre for

FASD

Fetal Alcohol Spectrum Disorder

ANNUAL REPORT 2023-2024

HELP: IT'S WHAT WE DO

www.lcfasd.com

Lakeland Centre for FASD

Report Overview

2. Mission, Vision & Operating Principles
3. Land Acknowledgement
5. Board Members & Team Members
6. The Management Team
7. Message from Executive Director
9. Our Programs & Services
11. The 2nd Floor Women's Recovery Centre
13. Counselling
15. Mothers-To-Be Mentorship
17. The Prevention Conversation and WRaP2.0
19. International FASD Awareness Day
21. Rajani FASD Clinic Training
23. Diagnostic Services
25. Outreach Program
27. Transition Program
29. Employment Program
31. Summer Camp
33. Transitional Housing
35. Mocktails
37. Audrey McFarlane Award
38. Service Awards
39. Financial Snapshot
40. Donations
42. Office Locations



Our Vision and Mission

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.

Lakeland Centre for FASD

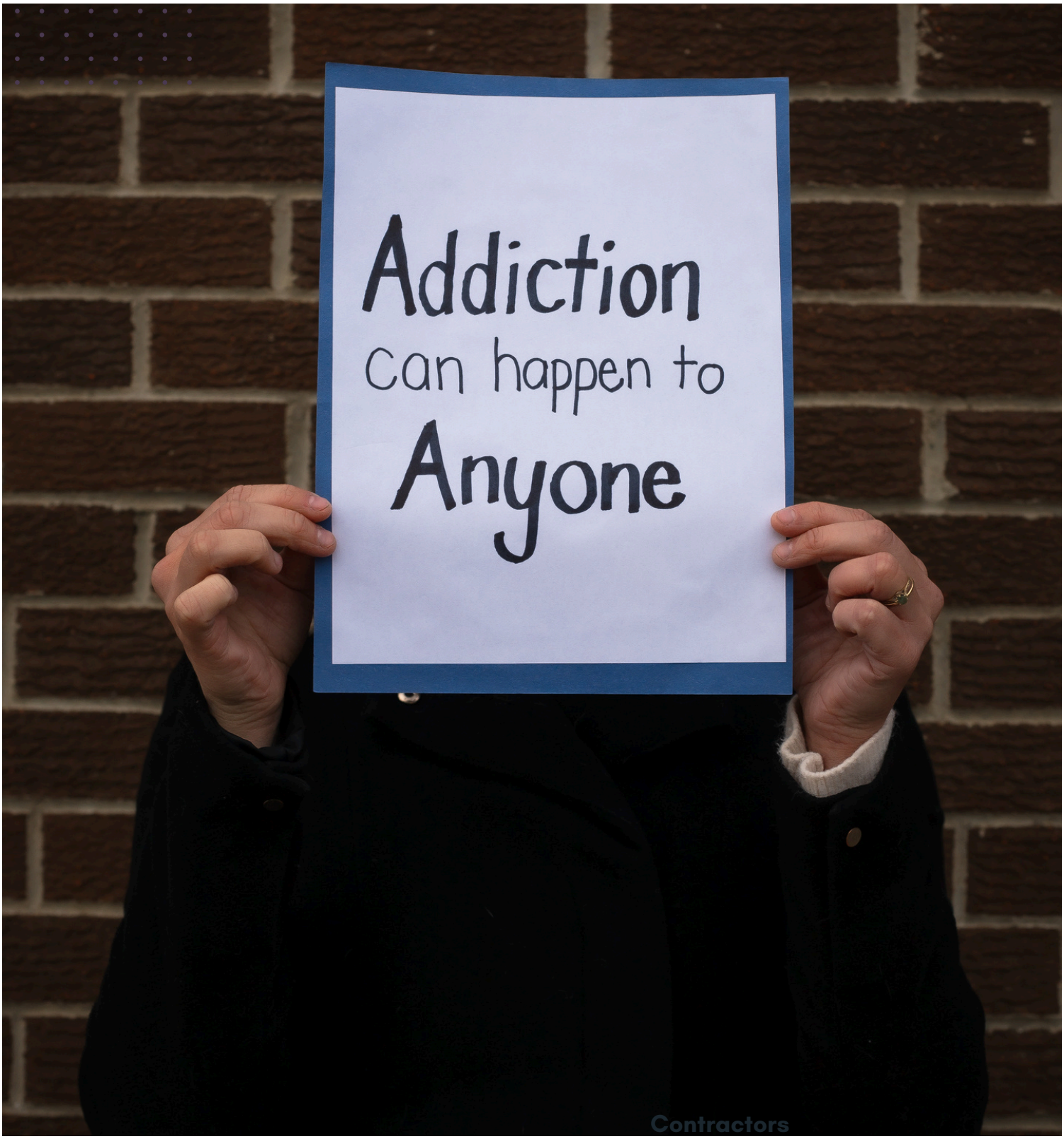
Land Acknowledgement



"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."

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.


Addiction
can happen to
Anyone

Lakeland Centre for FASD

Board Members and Frontline Teams



Chair
Stephanie Oleksyn

Vice Chair
Shelley Krook

Treasurer
Joey Daniels

Secretary
Michelle Dargis

Directors

Adrienne Peoples-Sprecker
Helene Serbu
Jennifer LeBlanc
John Orr
Victoria Sparklingeyes

Administration Team Members
5

Diagnostics Team Members
2

Interventions Team Members
12

Mentorship Team Members
8

Counselling Team Members
1

Camp Team Members
4

2nd Floor Womens's Recovery Centre
20

Rajani Clinic Training
2

Contractors
3

Lakeland Centre for FASD

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

Welcome To The Lakeland Centre for FASD

A Message From Our Executive Director



"The 2023-2024 year at the Lakeland Centre for Fetal Alcohol Spectrum Disorder (LCFASD) has been remarkable, full of both successes and challenges that have spurred innovation and growth."

The 2023-2024 year at the Lakeland Centre for Fetal Alcohol Spectrum Disorder (LCFASD) has been remarkable, full of both successes and challenges that have spurred innovation and growth. Our organization was honored to receive the Canadian Nonprofit Employer of Choice Award for 2023, a testament to our commitment to excellence.

In our ongoing journey to accreditation, we have successfully completed the Primer phase, setting the stage for our next steps with Qmentum. This process will further solidify our standing as a fully accredited agency.

Since 2000, the Lakeland Centre for Fetal Alcohol Spectrum Disorder has been at the forefront of Diagnostic, Intervention, and Prevention of FASD services in the Lakeland region. We continually evolve our programs to meet the needs of our clients, earning recognition across the province and nationwide for our unique, non-judgmental, and supportive approach. Our exceptional staff constantly find new and creative ways to engage with our clients, meeting the changing demands and complexities of their lives. This year alone, we've supported 500 unique clients across our various programs. It's encouraging to see so many individuals with FASD and their families seeking our services.

Our summer camp season was a success, with a record number of children attending. They enjoyed a variety of activities, including field trips to the airbase, geocaching, hiking, swimming, paddle boarding, kayaking, and crafting.

To better support women attending our 2nd Floor program, we increased individual counselling sessions to twice weekly, and our counsellor ran two group sessions each week for LCFASD clients. We also hired a cultural liaison to provide weekly cultural teachings and information to our clients.

Throughout the year, we delivered FASD training and awareness activities, reaching over 5,000 people through these events. In collaboration with a local Indigenous radio station, we created a series of short radio scripts to promote FASD awareness, prevention, and our services.

Our annual mocktail challenge for International FASD Day was a tremendous success, with a record number of teams competing for the prestigious title of "Best Mocktail." It was fantastic to see so many participants showcasing their creativity and contributing to a great cause. In addition to the competition, we collaborated with local businesses, encouraging restaurants, bars, and pubs to diversify their drink menus by adding appealing non-alcoholic options. These efforts reflect our ongoing commitment to promoting a supportive and inclusive community.

We presented the Audrey McFarlane Award to a deserving recipient who overcame significant obstacles to achieve personal goals. This award, named after LCFASD's founder, recognizes achievements within the FASD community and honors families and individuals with FASD.



We know that working in social services means facing loss. LCFASD designated June 22nd as "LCFASD Day of Remembrance," to honor clients who have passed away. Our team gathered to share stories and memories, paying tribute to those we've lost.

LCFASD is an active member of the Alberta FASD Service Networks and a leader in developing unique strategies to serve rural areas. We are proud of our employees and their dedication to providing excellent services during challenging times.

We extend our heartfelt gratitude to all our partners, community supporters, families, and individuals for their unwavering encouragement and support.

Lisa Murphy
Executive Director

Lakeland Centre for FASD

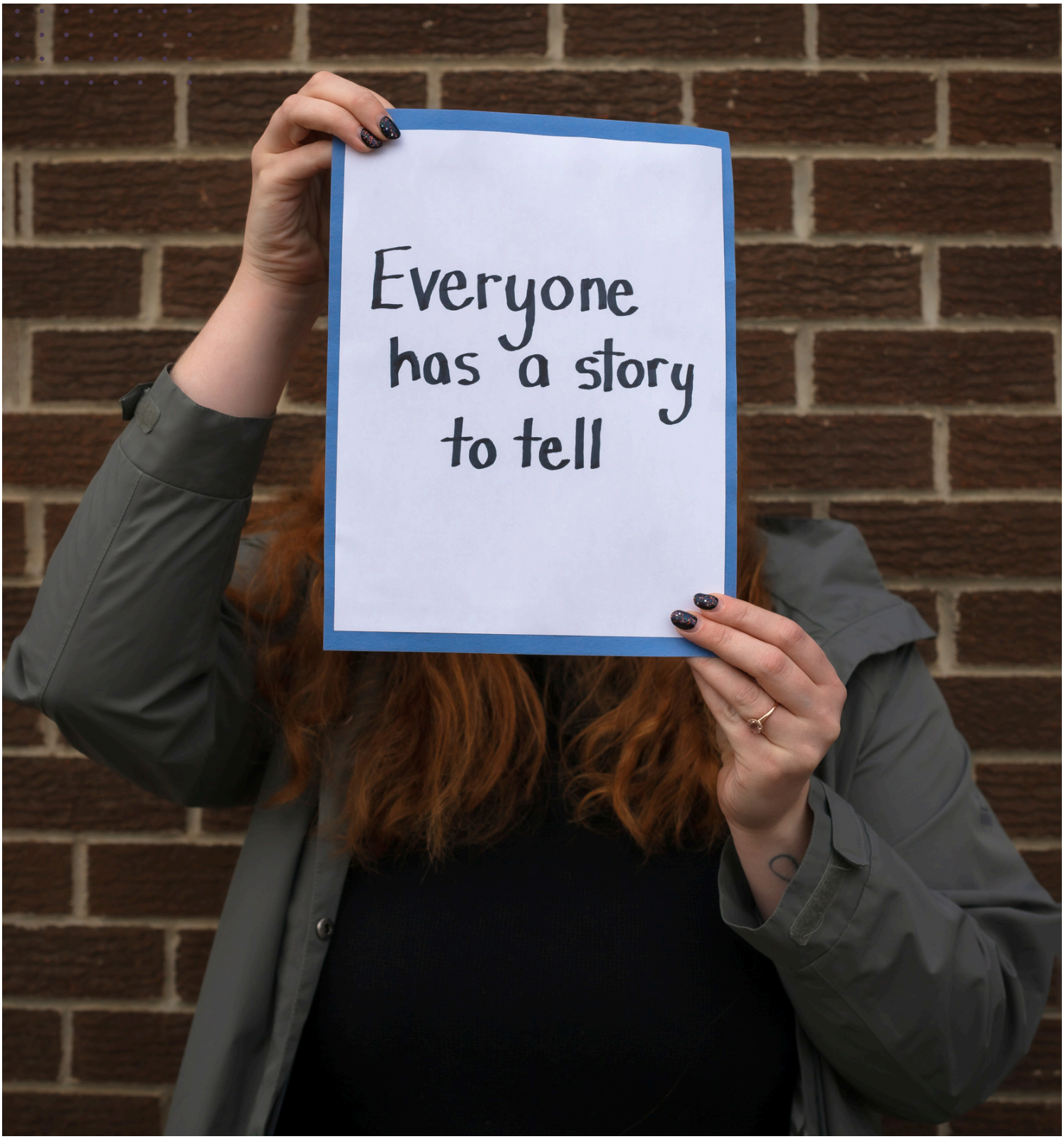
Our Programs and Services

LCFASD has consistently led the way in offering comprehensive FASD supports, providing a holistic array of Diagnostic, Intervention, and Prevention services in the Lakeland region. Our dedication spans the entire lifespan, ensuring unwavering support for individuals and families affected by FASD.



- LCFASD served 500 unique individuals and families.
- The 2nd Floor Women's Recovery Centre served 20 women.
- Mother's to Be Mentorship Program served 102 women.
- Diagnostics assessed 58 individuals.
- The Counselling Program supported 64 clients.
- The Outreach Program served 275 clients and families.




Everyone
has a story
to tell

Our Services

The 2nd Floor Women's Recovery Centre

At 2nd Floor, we specialize in working with clients who present complex challenges, including polysubstance use, FASD diagnoses, acute mental health issues, trauma, and pregnancy. Our approach is uniquely tailored to identify and bridge the gaps in service that our clients have experienced prior to arriving at 2nd Floor, ensuring comprehensive support.

Over the past year, we have observed an increase in complex clients seeking to attend our program. Upon receiving a referral, our team convenes to evaluate how we can best meet the client's needs within our center. This collaborative assessment is followed by a case conference involving the client, their workers, support networks, and medical professionals. This ensures that everyone involved is aligned and informed about the services and support provided.

Our clients often face rejection from other live-in treatment centers due to the complexity of their needs. Despite being a small facility, we take immense pride in our ability to support these individuals through their recovery journeys. By walking alongside them, we offer a lifeline to those who might otherwise be turned away, fostering hope and resilience in their path to recovery.

From November 19 to November 25, we celebrated National Addictions Awareness Week. During this time, 2nd Floor collaborated with a photographer to conduct a photoshoot featuring our clients, capturing the profound personal transformations they experience throughout their recovery journeys. We created posters with these powerful images and displayed them around the community to raise awareness and promote understanding of the recovery process.

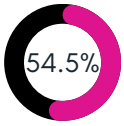


Locations of clients supported in 2023

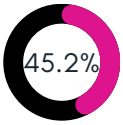
Drugs of Use



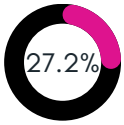
Meth



Heroin, Fentanyl, Prescription drugs



Alcohol



Cocaine/Crack

Women served to date: 356
Percentage with FASD diagnosis or possible to date: 72.7%
Average length of stay: 54.5 days
Mental Health diagnosis: 90%
Pregnant at intake: 27.2%

Our Services

A Program Highlight



nd Floor
Women's Recovery Centre

We are thrilled to share the success story of a remarkable 2nd Floor graduate who recently celebrated 59 days in recovery. This milestone is a testament to her unwavering determination and resilience in the face of significant challenges.

Prior to coming to the 2nd Floor, she experienced a significant brain injury. Despite her challenges, she was eager to participate in all programming.

She worked on improving her physical health by continuing physical therapy, attending all necessary specialist appointments, and living a more active lifestyle. Additionally, she focused on her mental health and problematic substance use through programming, workbooks, sessions, alternative therapies, and counseling.

She was approved for AISH during her time in treatment and is incredibly motivated to find a volunteer opportunity that she can do weekly to get back into the community. Recognizing her interest in working with animals, 2nd Floor implemented weekly visits to the Humane Society.

We witnessed a great amount of growth in this client during her time at the 2nd Floor and can't wait to see what she accomplishes.

59 Days in Recovery

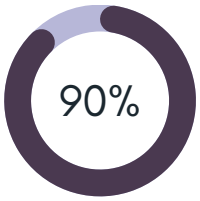
Our Services

Counselling



Counselling Topics

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



Mental Health

Approximately 90% of individuals with FASD face mental health challenges.

The Lakeland Centre for FASD Counselling Services is dedicated to offering vital support to individuals with Fetal Alcohol Spectrum Disorder (FASD) and their families, along with women experiencing problematic substance use. Our approach at LCFASD Counselling Services is grounded in strengths-based and trauma-informed methodologies, addressing a spectrum of topics.

To effectively cater to our diverse clientele, we integrate FASD best practices and leverage art therapy. This combination helps our clients develop a deeper understanding of themselves, boost self-esteem, and enhance interpersonal skills, communication, relationships, emotional regulation, and resilience.

In the fiscal year 2023-24, LCFASD Counselling Services provided support to 64 clients through 357 individual sessions, demonstrating our commitment to making a positive impact in our community.

64 Clients
357 Individual Sessions

Counselling



Group Session Topics

- 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
- Sharing Circle

23

This year, 23 women from the 2nd Floor Women's Recovery program accessed both weekly individual counselling and group sessions. In total, 57 group sessions were held.

Our counselor contributed to the development of a virtual mental health toolkit as a member of CanFASD's Resources for Mental Health Professionals Committee, collaborating with top FASD researchers in Canada. Together, they showcased the completed toolkit at the Canada FASD Conference 2024 in Saskatoon, SK.

At Stepping Stone Lodge, art activities were organized for our summer campers, alongside ongoing support provided to summer camp leaders on a weekly basis.

We sustained our partnership with Alberta Health Services to pilot the InnoWell Platform, designed to enhance the wellbeing of youth aged 15-24 by monitoring mental health symptoms between sessions and offering online resources.



Our Services

Mothers-to-be Mentorship Program

The Mother's To Be Mentorship Program focuses on supporting women who are at risk of becoming pregnant, currently pregnant, or have recently given birth and are struggling with problematic substance use.





We asked our participants how Mentorship made a difference in their lives.



Independance

"Less stress helps me with any difficulty I have with understanding things with daily living. It help's me feel independent."



Encouragement

"My Mentor supported me and was an active voice when I couldn't be one for myself."



Problem Solving

"They helped me get an apartment and navigate the town systems. They encouraged me to get my learners and supported me at graduation."



Setting Goals

"It helped me realize that if I don't put in that extra step forward for myself, that it wouldn't get done."

Mentorship Program

A Program Highlight

Bailey, a young mother of two, struggled with problematic methamphetamine use, navigating the challenges of homelessness, shelter stays, and couch-surfing with her children amidst legal troubles involving theft and evading law enforcement.

Enrollment in the Mentorship Program became Bailey's lifeline. With support, she secured stable income and housing. Guided by her mentor, Bailey accessed legal representation, attending every court date. Through collaborative efforts, Bailey avoided incarceration, receiving a year of probation instead.

Concerns for her children's safety, jeopardized by her Methamphetamine addiction, prompted close collaboration between Bailey, her mentor, and her caseworker. Determined to change, Bailey chose treatment. Supported by her mentor, she underwent a seven-day detox followed by a 72-day stay at Kapown Rehabilitation Centre. Afterwards, she transitioned to a sober living arrangement, regaining custody of her children.

Now 138 days sober, with no new legal issues and her Child and Family Services (CFS) file near closure, Bailey celebrates each milestone. Each victory signifies her remarkable journey towards recovery and stability.



138 Days Sober

Our Services

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 27 training sessions. These sessions reached over 156 individuals throughout the Lakeland region. 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 successful in reaching many audiences. This includes professionals from sectors such as health, wellness, education, and childcare. We had many booths and presentations to the public and youth. Some of which were at Portage College, Can FASD 2023 Conference, community dinners and fairs, and two addiction treatment centers. Some highlights from this year were training Cold Lake and St. Paul RCMP detachments on foundations of FASD and the justice system and participating in a friendly check stop with Elk Point RCMP in Fishing Lake Metis Settlement.



We have continued our online presence by offering virtual training, 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 help lakeland communities create healthier futures.

27 Training Sessions

156 Individuals Trained





The WRaP2.0 FASD Coaching Partnership Program, spanning from February 2021 to January 2026, is a collaborative effort between the Ministry of Education, Ministry of Seniors, Community, and Social Services, and Alberta's 12 FASD Service Networks. It aims to introduce a new service model in Alberta, enhancing the capacity of school authority staff to support students diagnosed with, or possible FASD. Ten Instructional Coaches, including one with the Lakeland Centre for FASD, have been hired across Alberta for this five-year initiative.

The WRaP2.0 FASD Instructional Coach enhances school staff capacity in supporting students diagnosed with, or possible FASD, focusing on teaching strategies and classroom functioning through an FASD lens. Through Professional Development sessions, they cover Foundations in FASD and Strategies for FASD, followed by collaboration with each school to tailor support. The Coach provides individual or group coaching on effective strategies, which are both FASD-specific and universally applicable. Coaching includes follow-up evaluation of applied strategies and can be conducted in-person or virtually, catering to each school's unique needs and prior FASD knowledge.



September 9th

International FASD Awareness Day



A special THANK YOU to our judges:
MLA Scott Cyr - Bonnyville-Cold Lake-St. Paul
Mayor Craig Copeland - City of Cold Lake
Audrey McFarlane - Canada FASD Research Network
Kim Foisy - Canadian Natural Resources Limited.

On September 9th, we observed International FASD Awareness Day, emphasizing the significance of abstaining from alcohol throughout the entire nine months of pregnancy. This date serves to shed light on Fetal Alcohol Spectrum Disorder (FASD), with a focus on improving prevention, diagnosis, and support.

This year, we were thrilled to reintroduce our annual mocktail challenge alongside various FASD awareness events across the region, blending education with enjoyment.

Thank you to all our teams, outstanding judges, and community members for actively engaging in our events. Your participation is invaluable in our collective efforts to raise awareness and support for FASD.

WEB SLINGER
(Winning Mocktail Recipe)

Ingredients:

- 1/2 glass Cranberry Juice
- 1/2 glass of Blue Gatorade
- Splash of Mio (Blue)

Directions:

- Mix thoroughly and serve on ice











Our Services

Rajani FASD Clinic Training

Lakeland Centre for FASD has been providing comprehensive training services since 2011 to support and train FASD Diagnostic and Assessment teams throughout Alberta. The Rajani FASD Diagnostic Training Services, a part of LCFASD, offers training for both existing and developing FASD Assessment and Diagnostic clinics.

Rajani FASD Assessment & Diagnostic Clinic Training Services provides FASD Assessment and Diagnostic training based on the Canadian FASD Diagnostic Guidelines (2015) through a variety of platforms, including face-to-face sessions, virtual workshops, large group training events, and Community of Practice meetings. The trainers of Rajani FASD Assessment & Diagnostic Clinic Training Services are experts in their respective fields and include Pediatricians with extensive background in FASD Diagnosis, Ph.D. Reg. Psychologists, Speech Language Pathologist, Forensic Psychiatrist, and Clinic Coordinator trainers.



Year in Review

- Published Paper: the work conducted through the virtual model pilot project has been published. Over the last decade, there has been a dramatic shift towards physicians providing care virtually, further increased by the COVID-19 pandemic. This pilot study aimed to improve access to pediatric FASD diagnosis and assessment through the development of a virtual model. Secondary aims included exploration of use of the model with national and international clinicians, specializing in FASD assessment and diagnosis, and survey evaluation of caregiver experiences using the model. Special thanks to our authors: Seema King MSW, Ph.D. Candidate, Colleen Burns, Brent Symes Ph.D., Registered Psychologist (AB, NWT), ShawnaLee Jessiman Ed.D, R.SLP, MSLP, SLP (C), Amber Bell and Dr. Hasmukhlal (Hasu) Rajani FRCPC.
  Development and Evaluation of a Virtual Model for Fetal Alcohol Spectrum Disorder (FASD) Assessment and Diagnosis in Children: A Pilot Study - https//www.
- Released Speech and Language Community of Practice report.
- Hosted the annual clinic coordinators' in-person meeting in Calgary, providing a platform to delve into a diverse array of topics. These included fostering a culture of respect for gender and sexual diversity, a presentation on the Waitlist Tool Kit, insights into Records, Registry, and Connections (formerly Post Adoption Registry), discussions on clinic structures, brainstorming sessions on PAE, and an update on Rajani Clinic Training Services.

Rajani FASD Clinic Training

Year In Review

- Provided comprehensive training to new clinic coordinators, covering a wide range of essential topics. This included an overview of Diagnostic Guidelines, guidance on Team Leadership, clarification of Roles and Responsibilities, a review of the New Competency Framework for FASD Assessment and Diagnostic Clinics, Best Practices for PAE Collection, techniques for Birth Mother Interviewing, strategies for handling Challenging Scenarios in PAE Collection, and considerations for Adult and Older Youth Clinics, including Tips, Tricks, and Practices to optimize care.
- We distributed our Quarterly Links Newsletter, aiming to foster connections among clinic coordinators and clinicians while disseminating valuable information and the latest research trends in the realm of FASD. The newsletter also spotlighted significant developments across the province, as well as on a national and global scale, pertaining to FASD.
- Connected with FASD Networks and clinic coordinators across the province and participated in assessment and diagnostic clinics in different FASD Networks across the province.
- Revised the DX competency guide.
- Connected with FASD clinics across Canada including, NWT, Yellowknife, Iqaluit, Ontario.
- Completed the Waitlist Tool Kit and shared with Alberta Clinics. This resource will assist clinics in managing their waitlists, using evidence informed recommendations.
- Presented at the 2023 CanFASD Conference in Saskatoon, SK.
- Hosted a meet and greet for clinics across Canada.
- Facilitated Cultural Training with Dr. Melissa Tremblay for Alberta clinic coordinators.
- Hosted an in-person training event in Edmonton for the Alberta Clinic Teams. Teams were given the chance to network with professionals in their field, stay abreast of the latest research, and gain insights into the practices of other teams.





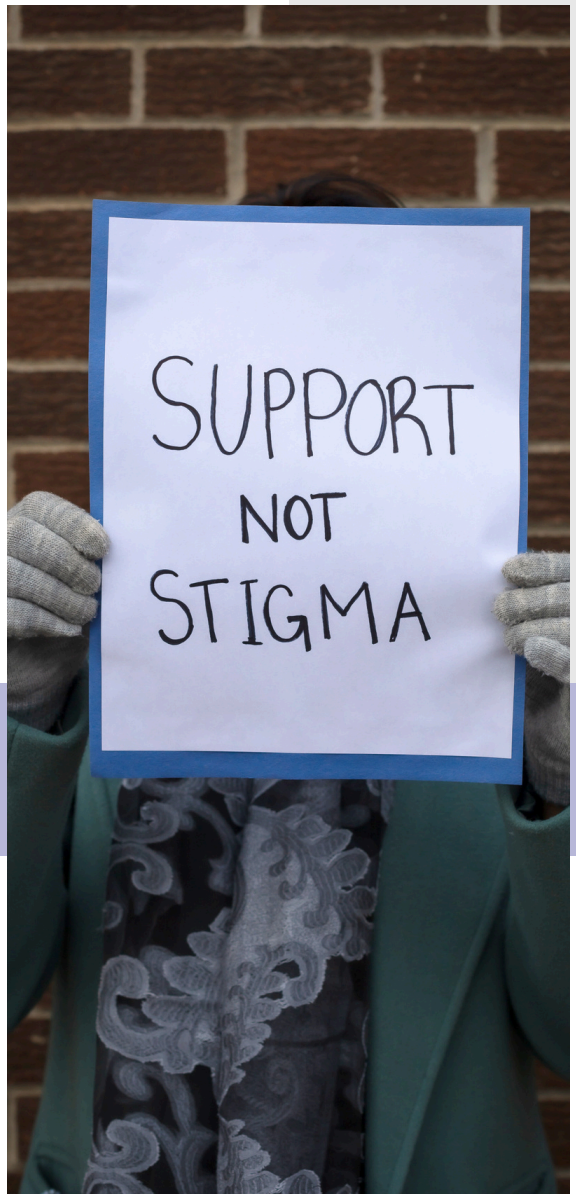
Our Services

Diagnostics Services

This year, we were delighted to welcome Kendra Toporowski, who seamlessly transitioned into the role of Diagnostics Manager. Our diagnostic team continued utilizing a hybrid telehealth model, implementing several new changes in the format. These adjustments stemmed from instances where clients missed assessments required before their clinic day. To address this, all assessments and physician interviews are now completed approximately a month prior to what we now term as the "team meeting day" (comprising 4 case formulations and 4 client debriefs), allowing ample time for rescheduling if necessary.

This modification has garnered positive feedback from our community partners, providing more structure for their participation while maintaining flexibility in scheduling for individuals referred to our clinic. We remain committed to refining our clinic model to best meet the needs of our clients, clinicians, community, and outreach supports.

Our team had the privilege of attending the Annual Clinic Coordinator's meeting in Calgary, AB, offering an excellent opportunity to connect with other coordinators and external agencies within Alberta. Additionally, we participated in the Canada FASD Conference in Saskatoon, SK. After four years of being unable to attend conferences in person, it was a joy to reconnect with colleagues and establish new contacts.



100 Referred
58 Diagnosed


Educate
and
Empower

Our Services

Outreach



FASD Outreach

Outreach support is about extending a helping hand to those who may not otherwise seek assistance or may face barriers to accessing support on their own. Outreach coordinators at LCFASD play a crucial role in supporting clients by facilitating access to services, resources, and information. Coordinators work with individuals to determine their strengths, as well as their struggles, and assist with building supports around the individual to give them the necessary skills they need to be successful. Our coordinators have assisted clients with everything from budgeting, setting up and supporting during school meetings, income tax support, housing and more. Building a trusting and supportive relationship between outreach coordinators and clients is fundamental for the success of LCFASD's outreach efforts. By prioritizing things like cultural sensitivity, respect, empathy, empowerment and boundaries, our clients have seen many successes this year.

Community involvement is very important to the Outreach team at LCFASD. We recognize the importance of working together with other community organizations to support our clients. This year, the Outreach team has partnered with many community organizations like The Lakeland Child and Youth Collaboration, the RCMP Case Development Group, Restorative Justice Committee, the Bully Free Committee, and more.

The Outreach team strives to bring awareness of FASD to our communities. This past year we have been invited to attend many community events including school open houses, community information nights, and wellness evenings to name a few. We have also participated in many training events and supported Mocktail events within our communities. Awareness efforts play a crucial role in prevention and early intervention of FASD and we are proud of our accomplishments for the 2023-2024 year.

Outreach

A Program Highlight

Bobby, diagnosed with FASD in grade three, has been supported by LCFASD since his kindergarten days. His early years were marked by challenges—sporadic attendance, developmental delays, social struggles, and self-harm tendencies. However, with support and the right interventions, Bobby has made remarkable progress.

Initially diagnosed with ADHD and starting medication in grade two, Bobby's consistency with medication brought noticeable improvements. Further assessment in 2018 revealed additional diagnoses of Severe Language Disorder and a Mild Intellectual Disability alongside FASD.

Transitioning to high school last fall, Bobby displayed bravery and resilience, coping well with the change. Placed in a Life Skills program, Bobby thrived in the smaller class setting, where he received personalized attention and could focus on his strengths. Gone are the tantrums and runaway episodes; Bobby now enjoys fulfilling friendships within his group.

Demonstrating self-awareness and advocacy, Bobby expressed his preference for returning to Life Skills math after experiencing anxiety in a different class. This assertiveness reflects his growth and maturity, especially considering his reserved nature.

Outside of school, Bobby has embraced responsibilities, assuming the role of a helpful elder sibling and learning life skills like cooking. He now independently manages his morning routine, setting alarms and following visual cues to get to school.

Bobby's aspirations for a career in waste management highlight his desire to contribute positively to his environment. His enthusiasm for school and eagerness to learn during breaks underscore his newfound confidence and zest for life.

Bobby's journey is not just one of academic achievement but also of personal growth and empowerment, a testament to his resilience and the support provided by LCFASD.



Client Artwork

Our Services

Transition



Client Artwork

"Transitioning into adulthood can be particularly challenging."

For individuals diagnosed with FASD, transitioning into adulthood can pose significant challenges, including meeting societal expectations such as obtaining a driver's license, living independently, or pursuing higher education. Recognizing these hurdles, the Lakeland Centre for FASD launched the Transition Program in 2009 to bridge the gap between children and adult services, offering essential support to youth aged 15-24. This initiative aims to address the notable disparity between physical age and brain development that many individuals with FASD encounter upon reaching adulthood.

During the 2023-2024 fiscal year, 14 youth and their support networks participated in the Transition Program. Many graduates have successfully transitioned into adulthood, with some pursuing college education, others starting families, and some finding stable employment. Upon completion, the Transition Program provides clients with a comprehensive document outlining their short-term and long-term goals, strengths, areas of need, support network, and a personalized action plan. This document serves as a roadmap to guide them through the complexities of transitioning into adulthood.

With a clear plan and a robust support team, youth with FASD can achieve their aspirations and embrace the opportunities ahead. This program empowers them to navigate adulthood with confidence, demonstrating that with the appropriate resources and guidance, they can thrive.

Transition Program

A Program Highlight

When Kaitlyn joined the Transition Program, she had clear objectives in mind: to enhance her social and daily living skills and to obtain her Class 7 Learner's License. With unwavering dedication and motivation, Kaitlyn embarked on her journey, supported closely by the Transition Coordinator.

Through personalized 1-on-1 support and access to various resources, Kaitlyn actively engaged in a series of "Adulting 201" classes, employment groups, and workshops tailored to her needs. Her commitment to growth was evident as she diligently worked towards her goals.

By the conclusion of the program, Kaitlyn not only obtained her Class 7 Learner's License but also acquired invaluable life skills and knowledge. She expressed profound gratitude for the Transition Program, recognizing it as a catalyst for her achievements. Moreover, the experience bolstered her confidence, instilling in her a stronger sense of self-worth and a clear direction for her future.

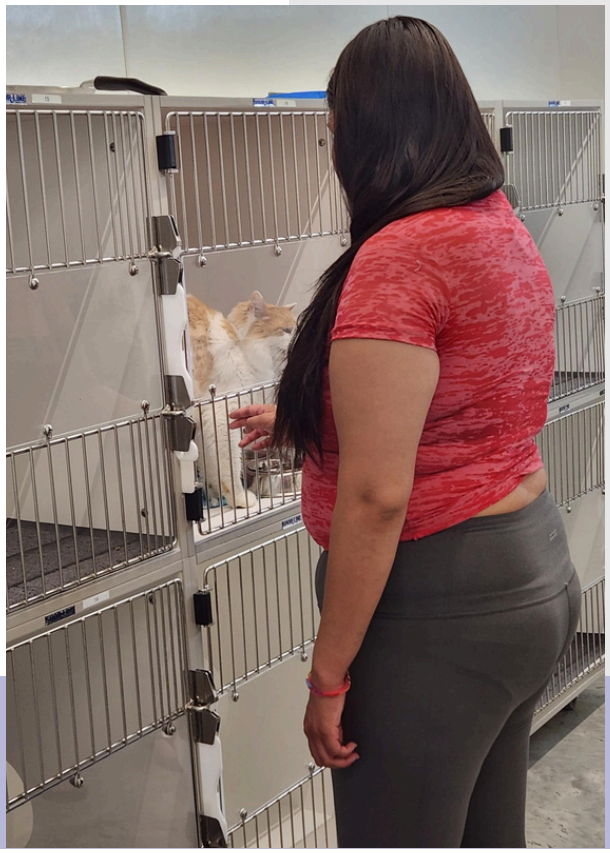
With her individualized Transition Plan in hand, Kaitlyn now feels empowered to pursue her long-term aspirations and tackle new challenges. Her transformative journey through the Transition Program has positioned her on a promising trajectory, equipped with the tools and self-belief necessary for success.



Our Services

Employment

The Employment Program provides personalized, one-on-one support for individuals, emphasizing a strength-based approach tailored to each person's unique goals. Service plans are crafted considering the individual's strengths and skills. Our Employment Coordinators assist clients with resume building, crafting cover letters, and completing job applications. We support both employers and employees to ensure a positive experience for everyone involved.



Clients in the program are guided towards work placement opportunities and encouraged to participate in hands-on skills building to develop professionalism and time management in a workplace setting. We offer volunteer support for those seeking to acquire new skills for future employment, connecting them with local charities and communities for meaningful experiences. Volunteer work not only enhances skills but also provides valuable work experience.

Our Employment Coordinators also aid individuals in accessing vital documentation such as identification, social insurance numbers, and bank information. Moreover, we assist clients in furthering their education or upgrading, helping them register for programs, seek financial aid, and find housing if relocation is necessary for schooling.

Employment groups are held every Thursday in Cold Lake, with occasional sessions in other Lakeland communities, providing a safe environment for clients to explore various employment readiness topics like interviewing skills, work readiness, self-care, goal setting, and career exploration.

Last year, our Employment Group returned to in-person sessions, covering topics related to employment, volunteering, and education, serving a total of 104 participants in the Lakeland area.

Our Employment Coordinators also engage with employers, ensuring they receive FASD training and providing one-on-one support to identify clients' strengths and implement strategies for a successful work environment. This interaction serves as an excellent opportunity to foster connections within the community.

Employment Program

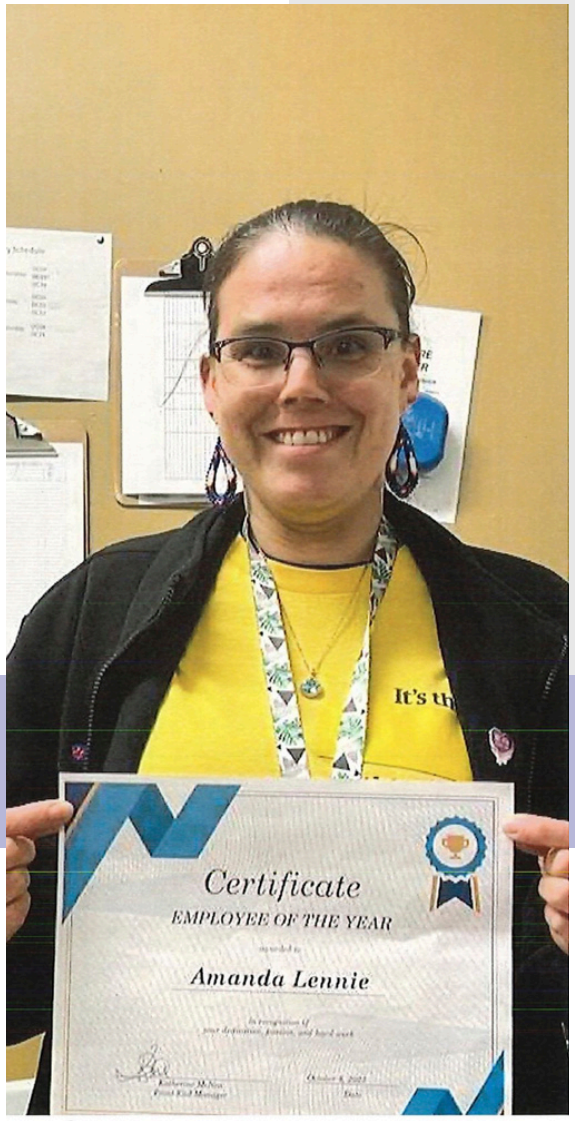
A Program Highlight

A year and a half ago, Amanda relocated from Saskatchewan to Lloydminster for school. During her time there, she advocated for herself and accessed some necessary supports. In February 2022, she made another move to Cold Lake, where she promptly connected with our agency. Since then, she has been actively engaged with an outreach worker and an employment coordinator. Recently, Amanda successfully secured AISH with LCFASD assistance.

With the guidance of her employment coordinator, Amanda applied for jobs and landed a part-time position at a local supermarket. Starting as a cashier, she quickly progressed to a supervisory role, earning recognition as Employee of the Year. Amanda is aware of her limitations and isn't hesitant to seek assistance when needed, supported by a manager who is well-versed in LCFASD.

Outside of work, she remains connected with her support network and actively participates in employment groups. She demonstrates a strong ability to advocate for herself and effectively communicates her needs when feeling overwhelmed.

Amanda's journey includes breaking away from an abusive situation, independently pursuing educational upgrades, and actively engaging with our agency to secure essential supports. Along the way, she acquired part-time employment, purchased a vehicle, and is diligently working towards improving her financial stability. Utilizing tools like calendars to manage her schedule, Amanda has navigated numerous obstacles with gratitude for the support she's received.



Our Services

Summer Camp

Lakeland Centre for FASD has been proudly hosting a Summer Camp for kids with FASD since 2006. We strive to provide a positive camp experience where children with FASD can be themselves. Our campers develop life skills, and build friendships, in an environment that focuses on safety, FASD knowledge and awareness. Our camp staff are highly trained, with a goal of providing a safe, welcoming, and inclusive camp experience. Our camp runs for 6 weeks, alternating boys and girls between the ages of 7-17.



Our 2023 FASD Summer camp was hugely successful with a record number of 61 campers! We had many returning campers, as well as lots of new faces! Campers had the chance to visit the Cold Lake Aviation Museum and the local Humane Society. Visitors to the camp included LICA and The Hive, where campers could participate in activities promoting social and emotional wellness. Our LCFASD staff also spent time at camp, providing programming for the campers that included drumming, FASD Talks, Yoga, Art, and activities presented by our Employment and Transition coordinators. Regular activities included swimming, games of tag and volleyball.

Incorporating life skills is an important part of our FASD camp. Campers are responsible for daily chores, including some food preparation. Campers liked assisting with this one most, and especially enjoyed pizza night!

LCFASD Summer camp offers a valuable opportunity for children with FASD to have a fun and enriching summer, building friendships and life skills in a supportive and inclusive environment. We are proud to say that our 2023 summer camp did just that!

Stepping Stone LODGE







Our Services

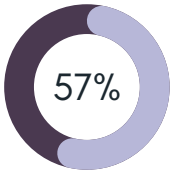
Transitional Housing



Working towards security of permanant housing.

The Transitional Housing Program (THP) offers clients temporary housing to stabilize their life situations and develop long-term plans for securing permanent housing. The THP provides accommodation for a maximum of three months. During their stay, clients are connected to either the Mother to Be Mentorship Program or the Outreach Coordinator Program. These programs assign a designated worker to each client, linking them to LCFASD support services or community health services based on their specific needs.

In 2023, the THP housed two clients in the bachelor suite at the Sprit Arms building. The program had a 57% occupancy rate, being occupied for 30 weeks. Clients benefited from various LCFASD support services, including the Employment Group, Table Talks, counseling sessions, and Circle Drumming sessions. Additionally, they were connected to community health services such as FCSS programs, psychological support, and probation appointments.



Occupancy Rate

30 Weeks of Occupancy







Our Services

Mocktail Magic Bar Service



The Lakeland Centre for FASD offers our Mocktail Magic Bar Service, providing great tasting non-alcoholic beverages for your special events. Mocktail Magic is a service promoting prevention, education and awareness about prenatal alcohol exposure.

Our Mocktail Magic Bar Service had the pleasure of catering 16 events in Lakeland over the past year, delighting guests with a total of 3280 mocktails. It was a bustling year for our team, filled with enjoyable moments at various events.

We attended a diverse array of occasions including three Galas, one Youth Conference, one International Conference, one Golf Tournament, three Graduation Ceremonies, five FCSS events, one Open House, and a Christmas holiday event.

The Mocktail Magic Bar service is available for bookings at graduations, business celebrations, holiday events, or any special occasion where you wish to offer refreshing non-alcoholic beverages to your guests. For bookings or further inquiries, please reach out to the Lakeland Centre for FASD at 780-594-9905 or email admin@lcfasd.com.

16 Events
3280 Mocktails






FASD
Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder
Mocktail Magic
LAKELAND CENTRE FOR FASD

Lakeland Centre for FASD

Audrey McFarlane Award



Congratulations

The winner of the 4th Annual Audrey McFarlane award went to:

Amanda Lennie

Each year, LCFASD celebrates the achievements within the FASD community and the efforts made to enhance the lives of individuals, families, and communities.

The Audrey McFarlane Award was established to highlight these 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.



Lakeland Centre for FASD

Service Awards













1 Year of Service: Madison North, Shala Heffernan, Kenzie Gannon & Marilyne Thir
5 Years of Service: Belva Cardinal, Kim Cyr & Rhonda Vermette
10 Years of Service: Deyne Hogan & Shalon Thir

Lakeland Centre for FASD

Financial Snapshot

LAKELAND FETAL ALCOHOL SPECTRUM DISORDER SOCIETY

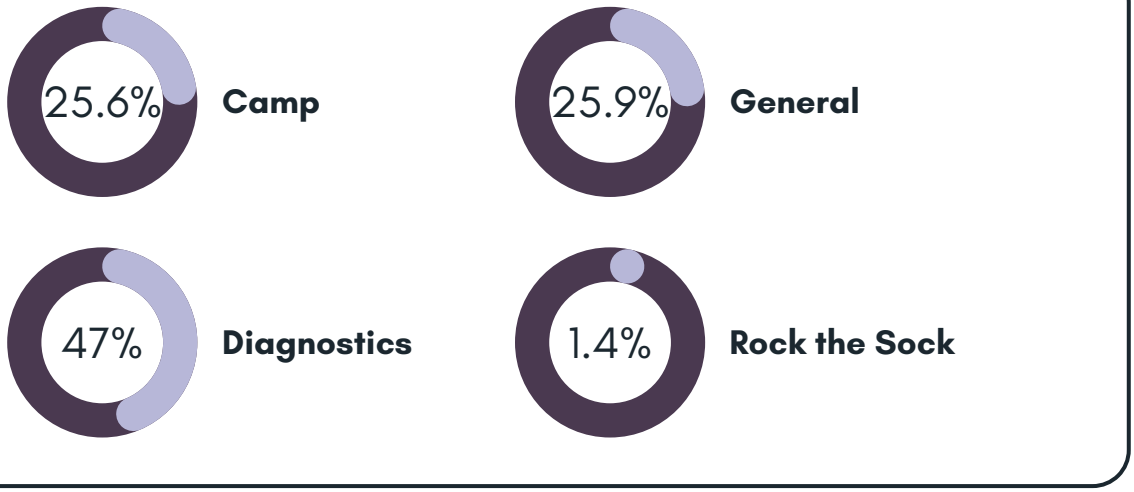
Statement of Revenues
March 31, 2024 with comparative figures for March 31, 2023

	March 31, 2024	March 31, 2023
REVENUES		
Government Contracts & Grants	$3,770,412.00	$3,794,913.48
Other Contracts	$182,514.00	$210,953.21
Donations	$43,476.70	$42,427.26
TOTAL	**$3,996,402.70**	**$4,048,293.95**
EXPENSES		
Operating Costs	$1,217,793.00	$1,446,979.00
Wages & Benefits	$2,854,642.00	$2,689,673.00
TOTAL	**$4,072,435.00**	**$4,136,652.00**

Donations



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








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

Our Locations

Contact Us

P.O Box 479
Cold Lake, AB
T9M 1P1

780-594-9905
admin@lcfasd.com
www.lcfasd.com



01 Cold Lake

4823-50th Street

02 Bonnyville

4313-50th Avenue
Unit 257
C2 Centre

03 St. Paul

4707-50th Avenue

04 Lac La Biche

10117-102 Avenue

Lakeland Centre for FASD