

A photograph of three women in an office setting. The woman in the center, with long brown hair and glasses, is wearing a white patterned shirt and is smiling while gesturing with her right hand. She is facing two other women whose backs are to the camera. The woman on the left has blonde hair in a ponytail, and the woman on the right has long blonde hair. The background includes a white wall with a framed abstract painting, a light switch, and a wooden door. A green plant is visible on the left side of the frame.

The FASD Network's Training and Events

FASD
NETWORK



ABOUT THE NETWORK

The FASD Network of Saskatchewan is a provincial organization that works with families, children, and adults affected by Fetal Alcohol Spectrum Disorder. A group of dedicated parents came together in the early 1990s seeking support and understanding. They had common concerns about the challenges related to parenting children affected by prenatal exposure to alcohol. When the Network began very little was known about FASD. Families faced stigma, lack of services, and misunderstanding.

Now, 20 years later, the Network is a community-based provincial organization with an office in Saskatoon. Over the years the level of knowledge and understanding in Saskatchewan communities has grown along with the Network. The Network has expanded from a group of concerned parents into an organization led by a 12-member board of directors offering support, training and events across the province.

UNDERSTANDING FASD

Fetal Alcohol Spectrum Disorder (FASD) is a disability that can occur in children, youth, and adults when alcohol is consumed during pregnancy.

Alcohol is a harmful substance called a teratogen that causes damage to a growing fetus. Alcohol is the most commonly used teratogen and the most dangerous because alcohol molecules cross freely through the placenta and affect the central nervous system.

In Saskatchewan, it is believed that 1 in 100 people may be affected by FASD. However, it is difficult to know just how many families are affected by FASD as a lot of individuals go undiagnosed their entire lifetime. The signs and symptoms of FASD often go unnoticed and are masked by other factors in the individual's life or are attributed to other causes.

FASD is a life-long, brain-based, and often invisible disability. FASD is a unique disability that affects each individual differently.

In 2015, changes were recommended to the diagnostic guidelines for FASD. The diagnoses are now:

- FASD with sentinel facial findings
- FASD without sentinel facial findings
- At Risk for Neurodevelopmental disorder and FASD

Primary disabilities are those disabilities that are the direct results of prenatal alcohol exposure. The common primary disabilities are categorized by physical (body and health), behavioural (actions and reactions), cognitive (thinking and learning), and sensory (information from senses) disabilities.

Secondary challenges are not caused directly by prenatal exposure to alcohol but they develop later in life due to a poor fit between an individual with FASD and his or her environment. The poor fit is due to gaps in services, supports, and understanding of the disability.

We need to keep in mind the various factors surrounding the choice to drink during a pregnancy when we talk about prevention. The public requires clear and accurate information about the harmful effects of alcohol on a fetus. There is no known safe amount of alcohol or a known safe time during pregnancy to consume alcohol. For these reasons, it is best for women to abstain from alcohol throughout the entire pregnancy. This information and message needs to be widely available and consistent in communities and throughout the health-care field.



NETWORK TRAINING SESSIONS

In 2005, the FASD Network received funding to begin training post-secondary students whose future careers would involve direct work with individuals who may be living with FASD. Over the years, this training initiative has expanded into a provincial effort to increase awareness of the disability and educate hundreds of people about FASD. Now, the Network offers a variety of tailored training sessions, workshops, and presentations all over Saskatchewan to organizations that work with individuals living with FASD.

These training sessions provide an in-depth knowledge of FASD presented by qualified instructors with a background in the disability. Each presentation focuses on providing introductory information on the disability along with tailored information for each sector in the form of case studies, strategies, or interactive components. The Network continuously works on updating and devel-

oping curriculums for frontline workers, foster parents, educators, post-secondary students, and community organizations.

The workshops, training sessions, and presentations can be held anywhere in the province. By receiving training on the disability, organizations that work with individuals living on the spectrum can gain a better understanding of FASD and tailor supports to the individual's needs.

Included in this brochure are detailed explanations of each of our training sessions along with associated fees, presentation durations, and attendee requirements. The majority of our training sessions are offered free of charge or based on a cost-recovery model. Information regarding our training, workshops, and events can be found online at www.saskfasdnetwork.ca or by contacting the network at training@fasdnetwork.ca.

“Exercises were engaging, I had fun while gaining some understanding as to what challenges an individual must encounter with this disability.”

“The case scenarios gave me an opportunity to consider alternative solutions for individuals with FASD.”

“It helped me understand more about the cognitive disabilities of people with FASD and how their minds work.”

“I did not realize how prevalent the condition was, so raising awareness is very important. Seminars like this will make a huge difference!”

“Don’t change what you are doing. That was one of the best lectures of the year; it was interesting and practical for us.”



FRONTLINE Part 1

The FASD Network of Saskatchewan offers three-hour training sessions to provide frontline workers with an in-depth knowledge of FASD.

The aim of our frontline training is to aid workers in fields as diverse as social work, child care, education, addictions, corrections and many other areas in gaining knowledge that will allow them to make sense of behaviours and tailor supports to the individual's needs.

Frontline Part 1 - "The Basics"

During this training, you will learn about primary disabilities and how they relate to an individual's behaviours and actions as well as how they may cause secondary challenges. You will also gain a basic understanding of the assessment and diagnosis process and how it can benefit individuals, their caregivers, and their support team. The session also incorporates interactive components which allow frontline workers to experience what it feels like to live with FASD.

Length: 3 hours
Minimum 8 attendees

FRONTLINE Part 2

The second 3 hour training session focuses on real life tips and strategies. Attendance at a Frontline Part 1 session is a prerequisite for this training to ensure an appropriate level of knowledge regarding FASD.

During this training workers will benefit from practical strategies and a toolkit they can use when supporting an individual with FASD. The toolkit is designed to provide workers with instructions for creating aids that will help establish strategies and accommodations to allow individuals to be successful.

Frontline Part 2 was created to be co-presented with an individual living FASD, when possible. Attendees will gain insight into what life is really like with FASD through the personal experiences shared during the training.

A reduced rate is applied when both trainings sessions, Part 1 & Part 2, are booked.

Length: 3 hours
Minimum 8 attendees

POST-SECONDARY

The aim of FASD post-secondary training is to educate students about FASD and help prepare them for their future careers.

Students in programs as diverse as corrections, psychology, addictions, nursing, and education benefit from this interactive FASD workshop. Students learn strategies for support and gain an understanding of the lived experience of FASD. Each attendee will be challenged to consider how they might use this knowledge of FASD to make a difference in their future careers. FASD is a unique disability that requires knowledge and understanding of the fundamental behaviours to offer beneficial support or assistance to the individual.

Classrooms throughout Saskatchewan can benefit from these free training sessions that can be tailored to fit the needs of their specific curriculum and future careers. Students, armed with this knowledge, can make a difference.

Length: 1–3 hours
No attendance requirements

COMMUNITY PRES.

To meet the diverse needs of different organizations and communities, this customizable training module was developed. Community presentations provide a preliminary introduction into the world of FASD. Attendees will gain knowledge about how FASD occurs and how it affects individuals.

This training session covers topics such as diagnostic criteria, an overview of the primary and secondary challenges associated with FASD as well as how to get involved with the Support Program and other services offered by the FASD Network.

Organizations and communities across Saskatchewan can benefit from these training sessions that can be tailored to fit their specific needs. Through discussion with our qualified trainers, your community can determine which subject matter to focus on and the ideal duration of your presentation. The curriculum is intended as an introduction to the disability. If your organization would like to discuss potential tips and strategies, the Network's other modules offer these components.

Length: 1 hour
No attendance requirements

FOSTER PARENT

Foster parent training is provincially mandated in Saskatchewan as 80% of children with FASD do not live with their birth parents. This three hour training session helps foster families to understand the disability and what strategies and supports they can put in place. Foster families gain valuable insights from the first-hand accounts of other foster parents on subjects such as birth parents, advocating, judgement, and grief and loss.

The aim of our foster parent training is to explore how prenatal exposure impacts individuals across their lifespan and learn support techniques to help them be successful. Families who attend this training benefit from complementary booklets to bring home for additional information, and the opportunity to connect with other foster parents in the community for ongoing support.

To request training, please contact your ministry worker. For those who reside on a First Nation reserve, please contact the Network and we would be happy to provide a quote.

Length: 3 hours
No attendance requirements

CAREGIVER WORKSHOPS

The Network's Caregiver Workshop is an informative, fun and engaging workshop for caregivers who are interested in learning about FASD. The caregiver workshops are open to parents and caregivers from all family structures. Beyond providing a safe space to learn about FASD, the workshop is a space for caregivers to connect with each other for support.

Together participants will explore how prenatal exposure to alcohol impacts individuals across their lifespan and learn support techniques to help their children be successful at home, school, work and in the community. The workshop's format provides a safe environment for open and supportive discussion.

The Support Program travels across Saskatchewan to deliver workshops in communities by request. Ideally, the event entails a partnership with a local organization or group.

Length: 2 hours
No attendance requirements

NETWORK EVENTS

The Network hosts various events throughout the year including conferences and retreats. Each of these events are tailored to different professionals as well as caregivers and individuals living with FASD. These events help participants to better understand Fetal Alcohol Spectrum Disorder and the impacts it may have on their life, work, and community.

The annual events include a community celebration on September 9 for FASD Awareness Day, specialized conferences, Mentoring Success Workshops, as well as Parent Retreat and Peer Support events. For a list of upcoming events or workshops, please contact the Network or visit www.saskfasdnetwork.ca

The Network also offers a variety of publications and online resources to individuals in Saskatchewan at no cost. A list of resources can be found online or the Network can be contacted to place an order. There is a fee for orders outside of Saskatchewan.





TRAINING COMPARISON

Material Covered	Community pres.	Caregiver	Post-Secondary	Foster Parent	Frontline part 1	Frontline part 2
Current Statistics	X	X	X	X	X	X
Definitions of terms used	X	X	X	X	X	X
Discussion of why pregnant women drink	X	X	X	X	X	X
Overview of primary disabilities	X	X	X	X	X	X
Overview of secondary challenges	X	X	X	X	X	X
Discussion of 'Person-First Language'	X	X	X	X	X	X
Diagnostic Criteria	X	X	X	X	X	X
Diagnosis & Assessment in the region			X	X	X	X
Strategies for success					X	X
Strength-based approaches					X	X
Interactive Activities					X	X
Tailored Case studies		X	X	X		X
Presentation booklet		X		X	X	
Toolkit						X
Challenges faced by families				X		
Explanation of Network Services	X	X	X	X	X	X

FASD NETWORK OF SASKATCHEWAN

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