2015/16 FASD NETWORK ANNUAL REPORT



FASD NETWORK

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26 Fin<u>ancials</u> MISSION To enhance the lives of individuals and families living with FASD

VISION

For individuals with FASD and their families to recognize themselves as safe, supported, valued and contributing members of the community

MANDATE

- To provide supports and services to individuals and families living with FASD
- To provide information, awareness and education about FASD to individuals who may provide supports and services to those living with FASD
- To work towards the development of lifelong services and supports for individuals living with FASD
- To promote prevention, early assessment, diagnosis, and intervention
- To work in partnership with government, business, agencies, and the community as a whole in order to fulfill our mission

A MESSAGE FROM THE CO-PRESIDENTS

Greetings,

We have had an exciting and productive year. At the AGM, we welcomed six new Board Members. At the September Board meeting, four more new board members joined us. Each Board member brings valuable experience and perspective to our decision making. New members help to inform our position and direction. We felt the number of new Board Members presented us with an opportunity to acquaint us with our responsibilities as Board Members. Our Executive Director, Leslie Allen provided a full day seminar on Board Governance and Responsibilities.

We are a 12 member Board that includes professionals and caregivers. Our bylaws require that we have diversity in our midst to ensure we are serving our clients and growing our capacity. With the influx of new board members, Sandra Overs, and Shirley Hellquist, two long time board members, agreed to become ex-officio members. Their memory and experience with the evolution of the Network are invaluable. It has become apparent that we have grown from the "kitchen table to the board room table." In our growth, it is always imperative that we know where we have come from and how we have arrived at our present.

In November, the entire Board and staff engaged in a strategic planning workshop. This workshop was a two day event that helped us become more familiar with current practices in strategic planning in the non-profit sector. We felt it was an opportune time to begin planning and educate ourselves. A subcommittee has taken on the work of developing a strategic plan, which is scheduled to be ready for presentation at the fall Board Meeting.

Our staff continues to provide excellent service to our clients, hosting monthly caregiver support meetings and peer support meetings. In the larger community, the Network provides FASD training for frontline workers, foster parents, post-secondary and community presentations.

This has been a year of planning and education for the Board Members. With our many new members, it has been beneficial to make sure that we have the training to be an effective Board of Directors. We have taken the time to build a strong foundation of acquired knowledge to better guide the Network. We look forward to a busy and exciting 2016-2107.

Sincerely

Anna Mason ADOO.

Anna Niessen & Leslie Sichello, Co-presidents

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Without struggle, there is no progress. So embrace - embrace the struggle, and remember that a setback, is a setup for a comeback (Eric Thomas).

This quote may appear to be a very strange way for me to start my AGM message for 2015/16, but I feel it speaks directly to the type of year we have had. It is sometimes frustrating to see the people we serve and care so passionately about not able to get the services they need. We are reminded of this every time we answer a toll-free call from an individual living in a remote or northern part of our province, desperately needing support for themselves or someone they know who lives with FASD. Understanding that the province as a whole has struggled with the economy and that expansion of programs has been very limited; this year we have challenged ourselves to work smarter, to explore reallocating our resources, and looking for new ways to access funding.

We had a significant "bump in the road" with training this year. Our request went down and the ability to retain someone as a full time trainer became problematic. We also saw reduced numbers of training for Foster Parents, as the Ministry of Social Services underwent a major reorganization. In the last half of the year, our time and effort went into training revisions and the creation of Frontline 2. We are excited to say, we are seeing a turnaround in the numbers of those being trained and expect this trend will happen throughout this year.

We have been consistent in advocating for support services to be expanded throughout the province for the past three years. This year, we focused on engaging the Ministry of Social Services and incorporating their priorities into a pilot project that will assist families with someone who lives with FASD, and are working with Social Services to provide intensive support to those families. Our goal is for those families, and the professionals who work with them, to be able to manage the effects of FASD in a supportive and understanding manner. We are excited to see the results of this project at the end of the 2016/17 fiscal year.

We have had many shifts in staffing this year. Our best wishes go to Katie Riley, Karen Mason, Jackie Rancourt, Teresa Daniel, Adam Leung, and Tina Frerichs, who all left the Network this year to pursue other endeavors. We welcomed Mimi Nguyen (events), Heather McGonigle (support), and Kate Albert (bookkeeping) who have joined our team. Shana Mohr was on maternity leave for the year, and we are excited that she returned early in May. Despite the challenges of this past year, we have had many accomplishments of which we are very proud. I invite you to read through our program guide and see what we did.

Respectfully Submitted,

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Leslie Allen, Executive Director



DEVELOPING PARTNERSHIPS

The Network is committed to establishing and maintaining partnerships as a means of reaching common goals and meeting the needs of those in our province who are living with FASD.

601 Outreach/AIDS Saskatoon Acquired Brain Injury Association **Beagle Productions** Canadian Mental Health Association Cognitive Disability Strategy **Community Living Service Division CLASI** (Community Living Association Saskatoon Inc) CUMFI (Central Urban Métis Federation Inc.) DISC (Disability Income Support Coalition) Family Legal Aid Saskatoon Friendship Inn MACSI (Metis Addiction Council of Saskatchewan Inc.) Mental Health and Addiction Services Ministry of Health Ministry of Social Services My Homes - Egadz

OASIS (Opportunity, Acceptance, Support, Invitation, Safe) Probation Services Saskatoon Ranch Ehrlo Society **READ Saskatoon Regina Community Clinic** SACL (Saskatchewan Association for Community Living) Saskatoon City Police Saskatoon Health Region Saskatoon Tribal Council SARC (Saskatchewan Association of Rehabilitation Centres) Saskatchewan Prevention Institute SPACOD (Saskatoon Police Advisory Committee on Diversity) The Lighthouse Saskatoon University of Regina YWCA

We would also like to thank our funders, the Government of Saskatchewan. We appreciate your continued support and commitment to individuals living with FASD.



Saskatchewan Liquor and Gaming Authority



2015/16 HIGHLIGHTS

- The training program began monthly Frontline sessions in Saskatoon
- Two new training modules were developed
- The first year of monthly Peer Support meetings was a success
- The Support Program analyzed the needs of communities within 150 km of Saskatoon





- The Network's Facebook followers doubled from last year
- The rebrand was successfully launched
- The Network celebrated its 20th anniversary on September 11
- The Saskatoon City Police partnered with us for "Mission Possible"



SUPPORT PROGRAM

The FASD Network Support Program was created to give families and individuals direct support in their daily lives. The program aims to work with families and circles of support to gain positive outcomes for those living with FASD.

This year the program supported many clients with 82 new case files including 22 caregivers and 77 individuals living with FASD. Cases were closed over the year as clients no longer needed support, had met their goals or chose to disengage. The Support Program was able to close 59 case files. As people continue contacting the Network searching for support in their daily lives, the wait list for case management grows. During the 2015/16 fiscal year, 60 individuals and caregivers were added to our wait list, and the support workers were able to open all of these case files.

Advocating on behalf of our clients for services and more understanding of their disability was a large part of the support team's year. The Network connected with various community-based organizations as well as employers, schools, social services, health and legal professionals to increase awareness and address gaps in support.

The Network was fortunate enough to have student placements in our agency. This past year we have had students from the University of Regina, Sask. Polytechnic, and Bow Valley College. We also had a pro bono student from the University of Saskatchewan. Thank you to all of the students who have worked with the Network over the last year.

60
files removed
from wait list99
total cases
this year78%
of the cases
were individuals39
files were
re-opened



CAREGIVER CAREGIVER WORKSHOPS SUPPORT SUPPORT

We are in communication with caregivers about assisting the startup of caregiver workshops in their communities. This process will continue in the next fiscal year, as it takes time to find a location to meet and recruit other caregivers.

These communities are Regina, Weyburn, and Fort Qu'Appelle. We are also supporting the Meadow Lake and Prince Albert groups already established.

Every month, the Network hosts caregiver support meetings in Saskatoon. These meetings provide an informative and engaging space for caregivers to connect with each other. In the 2015/16 fiscal year, each monthly meeting had an average of 12 attendees.

This year we had 18 new attendees join our support meetings.

This year, we launched monthly peer support meetings for individuals living with FASD. The individuals who attend use these meetings to learn strategies, coping techniques and connect with others who are living on the spectrum.

With an average of 10 attendees per meeting, the Network began a second monthly meeting at the end of the year.

PEER TOLL-FREE LINE

While direct support was offered in Saskatoon, the Network's support workers were able to serve caregivers all over Saskatchewan and throughout Canada via the toll-free support line.

The Network received 190 toll-free calls from Saskatchewan residents as well as 16 inquiries from other provinces this year.

NEEDS ANALYSIS

The FASD Network performed a community analysis within a 150 km radius outside of Saskatoon. The goals of this analysis were to determine:

- if the community has knowledge about FASD,
- if there are individuals within the community living with FASD,
- what support these individuals were receiving,
- what was lacking for services related to FASD, and
- if our services could be utilized and would be well received in the community.

A staff member travelled to each community and spoke with community agencies and organizations. Staff travelled to Regina, North Battleford, Humboldt, Wakaw, Rosthern, Prince Albert, Duck Lake, Beardy's and Okemasis Willow Cree First Nation, Watrous, Shellbrook, Outlook, and Blaine Lake.

Of these communities the largest numbers of requests for FASD support services come from Prince Albert, North Battleford, Duck Lake, and Humboldt. These communities recognize FASD, know individuals in the community living with FASD and feel that additional FASD support services would be accepted in the communities.

50 KM RADIUS

The FASD Network support program received funding to support clients in Saskatoon as well as within a 50 km radius around the city. We reached out to these communities to ensure they were familiar with the FASD Network, the supports we can offer, as well as the training and education we can provide.

Overall, the communities were excited to have contact with the Network. Some had engaged before so we were just touching base and receiving recommendations from communities on who else we could talk with. Other communities were unfamiliar with our supports and are now connecting families and community members to the Network.

MENTAL HEALTH STRATEGY

The Network continues to be involved in the planning and participation in the Mental Health Strategy court. The Network has been involved in meetings related to improving the MHS and has provided input on how the strategy can better support our clients. A support worker from the Network attends all pre-court meetings as well as the court proceedings to support people who live with or suspect they live with FASD. The Network has noticed that there is a low representation of people living with FASD in the MHS. We are working on a few different screening tools to help better identify those who may live with FASD. This will continue into the next fiscal year.

The support team has met people in MHS who have become part of our case management. We have also been integral in referring some of our clients to the Mental Health Strategy court.

COGNITIVE DISABILTY STRATEGY

The Network has continuted to assist clients with the CDS application process as well as connect them with mentors and respite care.





"At first I wanted to pretend that I didn't belong in Mental Health court but I didn't understand what was going on. Eventually, I saw the postive outcomes for others."



GUARDIANSHIP PRESENTATION

Many of our caregivers expressed interest in better understanding guardianship, especially as the children they're supporting age. In August, we organized a guardianship presentation through CLASSIC. Michael Crampton came to the Network and presented information on guardianship to the caregivers. We had 18 caregivers attend this presentation. Five of the caregivers in attendance do not attend the regular Network support meetings.

It was a very informative evening and Michael was able to answer many questions.

PILOT PROJECT

The Support Program had increasing requests throughout the year from caregivers who live with FASD, as well as caregivers raising children living with FASD, to help navigate the child welfare/child protection system. Often these families had involvement with the Ministry of Social Services due to concerns of neglect. In response to this, the FASD Network and the Ministry of Social Services are partnering to run a pilot project for the 2016-2017 fiscal year.

The main objectives of this pilot project are to empower families and give them the skills to manage the struggles relating to FASD and to be able to implement strategies to increase the capacity of individuals affected by FASD. This pilot project will target high risk families in Saskatoon. High risk families involved in the pilot project have a family member living with FASD and are at risk of having their children apprehended due to neglect or are working toward having their children returned.

Over the year, the FASD Network will dedicate one support worker to work with 5 families maximum at one time. The activities will be:

- To provide an understanding of FASD and its impact on the family, to the family.
- Provide resources, understanding, and awareness of potential impacts of FASD on social and behavioural actions to professionals connected to the family.
- To work with the family to identify their needs and discuss how FASD plays a role in their current struggles and difficulties.
- Propose strategies and work with the family to implement the strategies and adapt them to suit their needs.
- Educate the professionals involved with the family (such as social workers, teachers, and support staff) on FASD and how the disability contributes to their struggles and behaviour.

Often FASD is misunderstood and actions due to a person's disability are seen as neglectful or bad parenting. The Network believes that with proper support, understanding and strategies, the family can function effectively and protection issues would no longer be present. The same can be said of children living with FASD. They can be seen as purposely defiant and bad. They can often be labelled as troublemakers when in reality their actions are due to their disability. When FASD is not recognized, other issues can occur because the demands placed on the individual cannot be met. Repeated failure causes frustration and is extremely confusing and overwhelming, resulting in secondary disabilities such as mental health issues, addictions, problems with the law, and victimization to name a few.



EVENTS

Hosting events is an integral part of the Network's mission to enhance the lives of individuals living with FASD and their families. Once again the Network offered a variety of events over the past fiscal year, with each event targeted to a specific group.

PARENT RETREAT

Parent Retreat is a two-day workshop for parents and caregivers of individuals living with FASD. The retreat was held May 1 and 2, 2015 at the Travelodge hotel in Saskatoon. It was a weekend of relaxation, inspiration and an opportunity for caregivers to connect and learn from one another. Attendees were able to gain unique perspectives and insights from our keynote speaker, Jeff Noble. The break-out sessions offered a safe place to share knowledge, tears and laughter as we discussed advocacy and transitions.

This year caregivers travelled from all over the province to come together in supporting one another. The Network's 8th annual Parent Retreat had 82 caregivers in attendance from a variety of family structures, including birth parents, foster or adoptive parents, grandparents and legal guardians.

Reviews from the caregivers in attendance were immeasurably positive. The majority of attendees agreed that they gained new parenting strategies and tools that they will be able to incorporate into their lives.

MISSION POSSIBLE

The Network and the Saskatoon Police Service held their first annual initiative on June 26, 2015. Inspired by a mother in the Waterloo region of Ontario, the event was proposed to teach children living with FASD that police officers are safe members of the community while also bringing awareness and understanding of FASD to the officers.

The theme this year was "Mission Possible," and the day included a series of boot-camp activities. The event was successful with 11 children who live on the spectrum in attendance. Mission Possible was able to encourage positive interaction between the police officers and the individuals living with FASD.

AWARENESS DAY

On September 9, 2015, FASD Awareness Day was recognized around the world. The FASD Network helped support the 14th annual FASD Awareness Walk hosted by the Metis Addictions Council of Saskatchewan Inc. (MACSI). This year saw great attendance from the community and online support via social media.

With community organizations and the general public coming together, the awareness day walk continues to bring attention to the disability and work to overcome the stigma around FASD.



ANNIVERSARY

On September 11, 2015, the Network celebrated its 20th anniversary of incorporation with an event held at The Willows in Saskatoon. Over 54 people were present at the event. Dignitaries include the Honourable Donna Harpauer, Minister of Social Services; His Worship, Mayor Atchison, Mayor of the City of Saskatoon; Ms. June Draude, MLA for Kelvington/Wadena; and Mr. David Forbes, MLA for Saskatoon Centre. Several past and present staff and board members were also in attendance, along with the Network's partners and friends.

The event honoured the past work of many diligent people who saw the need for support services for families affected by FASD. A historical timeline was created to mark the milestones of the agency. The anniversary also served as the launch of the Network's new branding and materials.

It was an opportunity to celebrate the past achievements of the Network and look toward the vision for the future.

MEADOW LAKE

In October, 2015, the Network went to Meadow Lake for two days of training, education, and connecting.

We started in St. Walburg with our Principles and Practices Workshop. There were over 100 people in attendance. The majority of the attendees were teachers, educational assistants, and other school staff members. The workshop promoted a lot of discussion and thoughts around FASD. The feedback from this workshop was incredibly positive. Many people said that they learned new information and skills to work with the students who live with FASD. Some said the strategies could be beneficial to all students in the classroom.

The second day of our trip was to Meadow Lake. We had the opportunity to present Frontline Training to approximately 20 teachers and other professionals such as the Ministry of Social Services staff. One of the schools nearby invited us into their school to discuss and brainstorm the classroom setup for their students who live on the spectrum. Both of these opportunities led to connections that have continued throughout the year. The community of Meadow Lake is doing magnificent things to support their community members who are affected by FASD, and it was a pleasure to be a part of these two days.

FAMILY EVENTS

BBQ

The barbecue this year was held on July 15.

We were hoping it was going to be a bright, sunny day as we planned to be in the gazebo area. The evening did not disappoint. It was sunny, warm, and started to rain right after we packed up for the evening. We had a record attendance of 73 people. We played games, had a scavenger hunt, did face painting, visited, and had a ton of food.

Winter Family Fun

With the summer barbecue being such a huge success, we decided to have a winter family event as well. We originally thought we could go skating at the Meewasin rink, and then have some pizza at the Network. Plans changed when the weather in February was above zero and there was no outdoor ice to skate on.

We quickly changed gears and had our event at the FASD Network. There were 24 people who attended this event. We ordered pizza, had popcorn, visited with each other and watched the movie Inside Out. It was good to have a fun movie that also teaches about emotions. Fun was had by all. "Parent Retreat lifted my heart and mind."

"It was a good experience and opportunity."

"Great event to network and connect."

STRATEGIC PLAN

With the infusion of several new Board members, the Board considered it timely to begin work on a new strategic plan. The last plan, done in 2013, was nearly completed, and everyone on the Board and the staff were excited to set new directions for the Network.

Under the facilitation of Diane Fletcher from the Vadis Group, the staff and board met for a two-day strategic planning session in Saskatoon. The event served as an opportunity for both groups to get to know one another and to brainstorm about the direction for the Network. The meetings ended with some key consideration for direction. In January, a smaller subcommittee met to revisit the key questions and to expand on translating them into strategies and goals. The subcommittee will bring a draft plan to the Board meeting in September, 2016 for final approval.



TRAINING

The training program includes five distinct modules, each of which provide tailored information to diverse groups.

Since 2005, the Network has offered a project to provide educational presentations to post-secondary classrooms. This year, trainers travelled across the province to deliver 39 presentations to over 1,120 students in various fields.

In partnership with the Ministry of Social Services, the Network provides in-depth training to foster and adoptive parents. Five training sessions were delivered to a total of 20 future caregivers.

Community presentations provide an introduction to the world of FASD. The Network delivered 29 presentations across the province.

Last year, a Frontline training module was developed to aid workers actively supporting individuals living on the spectrum. This year, the Network began hosting monthly sessions in Saskatoon. Over 245 professionals gained knowledge of FASD through the Frontline training.

This year saw the end of the Principles & Practices workshops which will be replaced with the new Frontline model.



29 community presentations

2 new training modules developed

39 student projects presented

During the 2015/16 fiscal year the Network staff worked together to develop two new training modules.

In the summer, the Foster Parent training was reviewed. Over a fivemonth period, the content and design were updated in order to provide foster parents with support and techniques to help them be successful. The new training module focuses on strategies and support as well as valuable insights from the first-hand accounts of other foster parents. The new training module was launched in March to very positive reviews.

After the first year of successfully delivering Frontline training, the Network began to receive requests for even more information on supporting individuals living with FASD. In response to these requests the Network launched a second part to the Frontline training design to complement the original module.

This new training, entitled Frontline 2 'Strategies,' focuses on tips, real life examples and strategies. It is scheduled to be launched in the spring of 2016.

20 foster parents trained 2,199 people educated on FASD

683 professionals trained

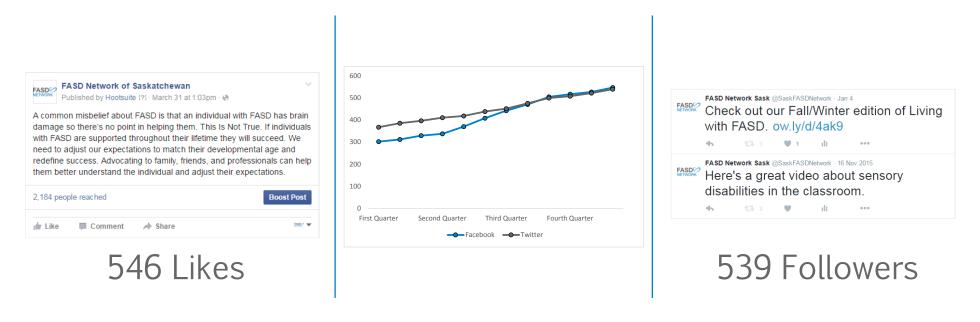
COMMUNICATIONS

The Network maintains constant and open communication with its stakeholders through a variety of media. With the continual development and distribution of printed materials and publications, as well as a strong online presence, the Network is able to generate increased awareness of FASD and of the organization.

SOCIAL MEDIA

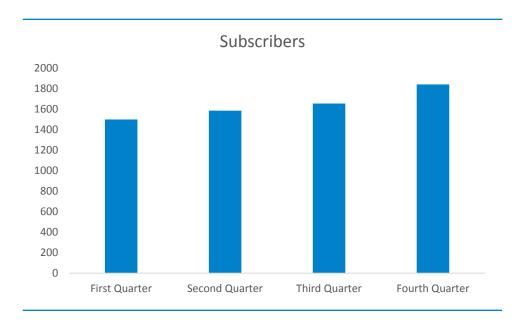
The Network's most active online presence is its social media channels, Facebook and Twitter. Through an internal social media audit, the Network reviewed what type of posts our followers seem to get the most value from. By implementing the recommendations developed from the audit we have seen a steady increase in our social media reach.

The Network's Facebook and Twitter accounts are regularly used to promote the offerings of the organization, announce upcoming events, as well as posts that are intended to spread education of the disability and eliminate the stigma associated with FASD.



NETWORK NEWS

The Network News has evolved from a quarterly printed publication mailed out to members to an electronic newsletter that gets sent to hundreds of subscribers every month.



Each issue includes information about all upcoming events at the Network, announcements regarding any new offerings as well as tips and advice tailored for professionals, caregivers and individuals living with FASD. Subscribers can join the newsletter mailing list through the Network's website or through signup sheets present at every training and event hosted by the Network.

We've seen a steady increase in the amount of subscribers, totalling 1,842 at the end of the 2015/16 fiscal year. Each issue has an average open rate of 21 percent.

LIVING WITH FASD

'Living with FASD' is a bi-annual magazine published by the Network. It includes information on research, news, support, services, tips and advice, how to get involved and a feature article interview. Below are the two issues produced in 2015/16.



COMMUNITIES REACHED

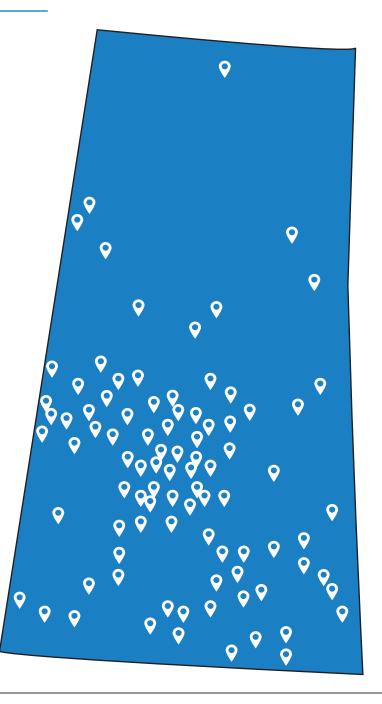
The FASD Network is a provincial organization that uses every method at its disposal to reach as many Saskatchewan communities as possible.

In the 2015/16 fiscal year, the training department travelled in every direction across the province to spread awareness and education in 23 communities. The Support Program took trips to analyze the needs of 12 communities within a 150 km radius of Saskatoon.

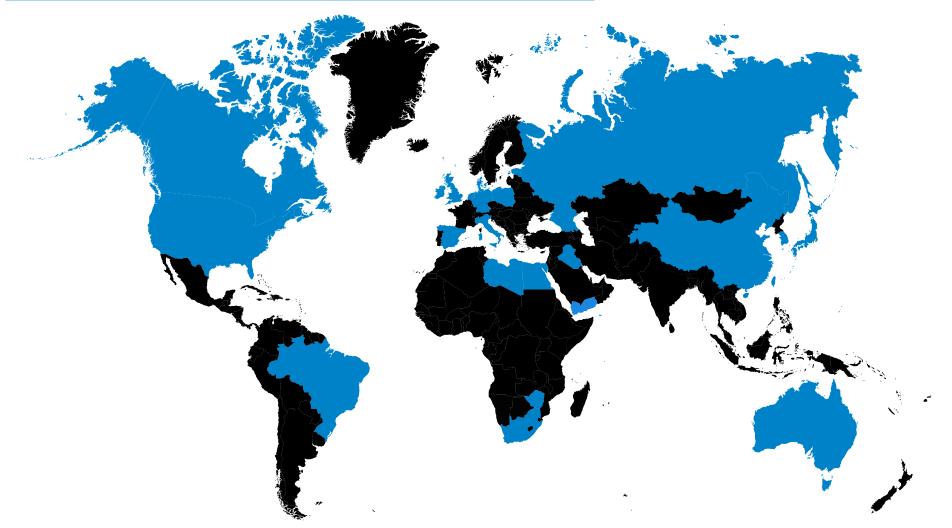
Through our online presence, the Network has been able to interact with citizens from communities as far north as Stony Rapids and as far south as Estevan. The Network's website, social media accounts, and toll-free line allow us to overcome the geographical barriers and reach people from all corners of the province.

By continuing to reach the citizens of these diverse communities, the FASD Network can have a real impact on social change within Saskatchewan to enhance the lives of families and individuals living with FASD.

96 SASKATCHEWAN COMMUNITIES REACHED



GLOBAL REACH



FASD affects individuals and families around the world, and with global access to information via the Internet, the Network works to become an international resource.

By analyzing the audience insights provided for the viewers of our website and social media accounts, we learned that people from 22 countries around the world follow our accounts and download resources from the Network's website.

REBRAND





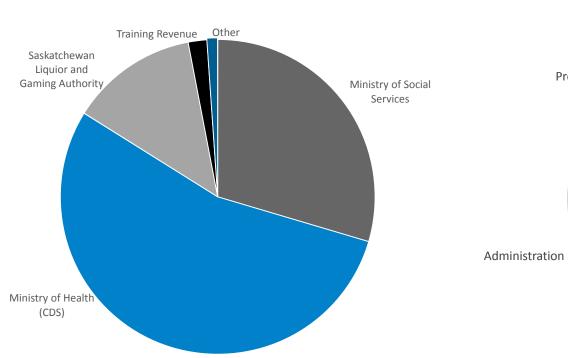


Along with the newly developed logo, the Network's staff recreated all the print resources offered by the organization. To maintain continuity with the visual identity developed throughout the history of the organization, the new logo was designed as a modernized version of the sunflower. The Network's online presence was also updated with a modern website that has responsive viewing capabilities. There have been 1,407 views since its launch.

Since incorporating in 1995, the Network has experienced tremendous growth. To reflect this growth and represent its new, extended services, the Network decided to rebrand the organization. The initial purpose of this strategic change was to create a meaningful and cohesive brand that allows the Network to continue expanding its services while being represented as a professional and contemporary organization.

In preparation for creating a new visual identity, the Network contacted current and past stakeholders to gain a better understanding of their perceptions of the organization. The new brand was successfully launched on September 11, 2015, at the Network's 20th anniversary event.

FINANCIALS



Revenue



Expenses

Miscellaneous

Program

Program Miscellaneous

Revenues:	
Ministry of Social Services	29.60%
Ministry of Health	54.30%
Saskatchewan Liquor and Gaming Authority	3.10%
Training Revenue	1.90%
Other	

1.10%

1.90%

20.30%

Salaries

BOARD OF DIRECTORS

Anna Niessen, Co-president Leslie Sichello, Co-president Derrick Oberhofer, Treasurer Lesia Gawryliuk, Director Dr. Gerald Block, Director Glen Luther, Director Dr. Mansfield Mela, Director Morgan Colfin, Director October Low, Director Dr. Michelle Stewart, Director Shelley Kolisneck, Director Wendy Craig, Director

NETWORK STAFF

Leslie Allen, Executive Director Andrea Kotlar-Livingston, Support Program Manager Shana Mohr, Training Co-ordinator Mimi Nguyen, Events & Funds Co-ordinator Nicole Batty, Communications Co-ordinator Monique Farber, Support Worker Heather McGonigle, Support Worker Ali Lueke, Support Worker





FASD NETWORK OF SASKATCHEWAN

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