

2019-2020 ANNUAL REPORT



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 provide supports & services
- To promote prevention, early assessment, diagnosis and intervention

- To work towards the development of life-long services and supports for individuals living with FASD
- To work in partnership with agencies, government, businesses, and the community as a whole in order to fulfill our mission
- To respond to the Truth and Reconciliation Commission of Canada Calls to Action

CONTENTS

03 MESSAGES 07 SUPPORT PROGRAM

13
TRAINING

EVENTS

23 COMMUNICATIONS 27 FINANCIALS

BOARD MESSAGE

It has been both an incredible and challenging year for our organization, clients, and community. We, as the Board of Directors, are proud of how far we have progressed towards the mission laid out by our founders. Thanks to the dedication of our growing staff, the FASD Network was able to support more clients than ever before, achieving positive outcomes for individuals and families impacted by FASD. We also saw growth in both our Training Program and event attendance, indicating that Saskatchewan residents are recognizing the need and importance of receiving FASD education.

As we neared the completion of another successful year of operations, the world was faced with an unprecedented crisis. As the situation around the 2019 Novel Coronavirus continued to develop, the Board's paramount concern was the safety of our staff and clients. At the time of this message, our communities are still taking the necessary safety measures and precautions. We are honored to serve on the Board for an organization that responded so efficiently and selflessly to ensure that the vulnerable members of our communities still have access to the support services they rely on.

As we move onto the 2020/21 fiscal year we are unsure of what future operations will look like but we are confident that the FASD Network's staff are committed to ensuring that Saskatchewan residents with FASD will continue to have access to support and education during these trying times.

Sincerely,

Cara Haaf, President

STAFF MESSAGE

Looking back on the past fiscal year, I feel privileged to be working at the helm of the FASD Network at a time when our presence in the community and our reputation as a valuable service provider continues to grow.

The achievements of the Network during 2019/20, were consistent with our 5 year strategic plan. The Network worked towards the milestones and expansion plans laid out by our Board of Directors while also taking advantage of unforeseen opportunities such as being given the opportunity to partner with Dr Michelle Stewart to receive federal funding and expand our Regina services to include an Integrated Justice Program.

Along with offering justice support to individuals in Regina, the Support Program grew to include educational programming in Saskatoon and to offer services to clients in 36 communities across the province. Providing education on FASD to community members, professionals, and students is an integral way that we work towards increasing the quality of life for individuals and families impacted by FASD. This year our Training Program demonstrated a true commitment to the organization's mandate by travelling to over 26 communities to train 2564 Saskatchewan residents with accurate, up-to-date information about the disability. In conjunction with our training, the Network held 22 events to expand the reach of our messaging and education.

At the conclusion of 2019/20, I am proud of our accomplishments and I look forward to the exciting opportunities of the year ahead.

Sincerely,

Andrea Kotlar-Livingston, Executive Director

AKotlar-Livingston

We would like to thank our 2019/20 funders

The Saskatchewan Ministry of Health

The Saskatchewan Ministry of Social Services

Public Safety Canada

The Saskatchewan Liquor and Gaming Authority

The National Indian
Brotherhood Trust Fund

The Law Foundation of Saskatchewan

The Saskatchewan Ministry of Justice

The Saskatoon Community
Foundation

The Saskatoon
Collaborative Funding
Partnership

CMA Foundation

The Dakota Dunes

Development Corporation

The Saskatchewan Indian Gaming Authority

PARTNERSHIPS

601 Outreach/AIDS
Saskatoon

Adoption Support Centre of Saskatchewan

Alvin Buckwold Child Development Program

Canadian Mental Health
Association

CanFASD

Catholic Family Services

Central Urban Metis Federation

Cognitive Disability
Strategy

Community Legal Assistance Services for Saskatoon Inner City Inc

Community Living
Association Saskatoon Inc

Community Living Service Delivery

Disability Income Support Coalition

Dr. Gerald Block

Dr. Mansfield Mela

Dr. Michelle Stewart

Eagle Heart Centre

EGADZ

Family Service Saskatoon

FASD Community Network

Friendship Inn

Inclusion Saskatchewan

John Howard Society

June Draude

Learning Disabilities

Association

Legal Aid

Mental Health and Addiction Services

Metis Addiction Council of Saskatchewan Inc

Ministry of Education

Ministry of Health

Ministry of Justice

Ministry of Social Services

OUTSaskatoon

Probation Services
Saskatoon

RADIUS

Ranch Ehrlo Society

Reconciliation Saskatoon
Committee

Regina Community Clinic

Regina Mental Health Disposition Court

Safe Community Action Alliance

Saskatchewan Abilities Council

Saskatchewan Foster Families Association

Saskatchewan Health Authority

Saskatchewan Prevention Institute

Saskatoon Mental Health Strategy Court

Saskatoon Police Service

Saskatoon Tribal Council

SIIT

Str8up

The Lighthouse

University of Regina

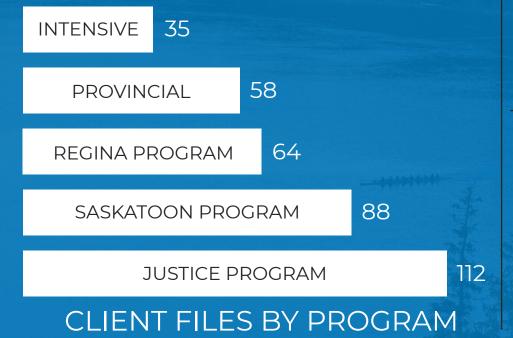
Westside Community Clinic

YWCA

2019/20 HIGHLIGHTS

357
CLIENTS
SUPPORTED

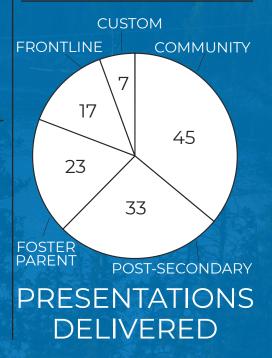
NEW PROGRAMS







2542 PEOPLE TRAINED





SASKATOON PROGRAM

Part of the Network's mandate is to provide supports and services that gain positive outcomes for those living with FASD.

For 9 years, the Network has offered a specialized Support Program in Saskatoon. Through this program, the organization provides services to give both individuals and families direct support in their daily lives. The program offers individualized support and one-on-one case management to meet the unique needs of each client.

Once again the Network saw an increase in clients accessing support services. The Saskatoon Support Program provided services to 88 clients in the 2019/20 fiscal, a 33% growth from last year. Since its first year of service provision in 2011, the Support Program has seen increases in the number of referrals received and clients accessing services. This fiscal year, the program received 57 referrals from other agencies and services providers, indicating a continued need for increased FASD services in the community.

REGINA PROGRAM

Now in its second year of operations, the Network's satellite office in Regina was once again able to offer the same level of one-one-assistance and direct support as the Support Program in Saskatoon.

With one full-time staff member offering supports and services to Regina and the surrounding area, the Regina Program had 64 clients access services this year. With a 56% increase from last year, we can see how awareness of this the Network's Regina services continues to grow.

This program has allowed to Network to form close community connections within Regina, working together with other services providers to offer support that meets the unique needs of individuals and families impacted by FASD. From these connections, the program received 44 referrals in the 2019/20 fiscal year. It is expected that the number of referrals and clients accessing services will continue to grow.

357 2019/20 CLIENTS

88
SASKATOON
CLIENTS

64
REGINA
CLIENTS

JUSTICE SERVICES

For past two years, the Law Foundation of Saskatchewan has provided funding for a program dedicated to providing supports and services to individuals with FASD who have involvement in the Saskatchewan justice system. The Network's Justice Support Services use a supportive case management model to help clients reduce or eliminate criminal behavior and maintain a healthy lifestyle.

In 2019/20, the Justice Program received 38 referrals and supported 57 clients in Saskatoon and the surrounding area. Throughout the year, the Justice Support Worker attended court proceedings and legal appointments, offered support during incarceration, assisted in the development of release plans, provided wrap-around supports, and advocated for the unique needs of each client. There continues to be a demonstrated need for increased FASD services in the Saskatchewan justice system.

INTEGRATED JUSTICE PROGRAM

In 2019/20, the Network was honored to partner with Dr. Michelle Stewart to launch the Integrated Justice Program (IJP) in Regina. With funding provided by Public Safety Canada, the program successfully completed its first year of operations.

Similar to the justice services provided in Saskatoon, the program had two Justice Support Workers offering services to individuals with FASD who have involvement with the Saskatchewan justice system. Since the program launched in September, support was provided to 55 clients in Regina and the surrounding area.

The Integrated Justice Program was also able to offer the services of 5 peer navigators. These individuals were essential to the program's success, by helping to reach potential clients, and sharing their first-hand experiences and expertise with the clients who accessed services.

57
JUSTICE CLIENTS

55 IJP CLIENTS

INTENSIVE SUPPORT SERVICES

The Network continued its partnership with the Ministry of Social Services to offer on-going services specifically for families impacted by FASD who are in need of assistance navigating the child welfare/protection systems. These Intensive Support Services aim to assist families with the behaviours and struggles related to FASD in order to work towards family reunification. There have been excellent outcomes in the four years these services have been provided by the Support Program. In 2019/20, 35 clients accessed these services and worked towards increasing the capacity of either the parent or child who lives with FASD through education, strategies, and advocacy.

The Network looks forward to continuing this partnership with the Ministry of Social Services and working towards the mutually-beneficial objectives of strengthening relationships within families and providing the services need for these families to thrive together.

PROVINCIAL SUPPORT SERVICES

FASD affects the lives of families and individuals in every community. To meet the needs of Saskatchewan communities, the Network offers Provincial Support Services. These services provide support to anyone who needs it in Saskatchewan.

The Network's Provincial Support Worker provides the same services that are offered in Saskatoon and Regina, travelling directly to each client's community when possible. This year, the program was able to provide services to 58 clients from 36 different Saskatchewan communities.

For communities with remote locations, the Network used communication methods such as teleconferences and video calls to offer direct support from a distance. The Network's Support Program continues to find innovative ways to meet the needs of clients across the province.

35
INTENSIVE CLIENTS

58 OUTREACH CLIENTS

43 2019/20 PARTICIPANTS

17
WORKSHOPS
DELIVERED

23
WORKSHOP ATTENDEES

EDUCATIONAL PROGRAM

The Network received funding from the Northern Indian Brotherhood Trust Fund to offer an educational program from April 2019 to March 2020.

This program, titled "Understanding FASD," was created to help individuals with FASD understand the complexity of their disability, gain valuable life skills, and develop the ability to implement strategies that can assist them in day-to-day life. The two-part program included workshops held twice a month and one-on-one educational meetings to help further develop life skills, attain personal growth, and overcome the challenges caused by FASD. The program was specifically designed for unique needs and diverse learning styles.

Throughout the year, 17 workshops were delivered. This included monthly workshops that focused on explaining what FASD is and what affects it may have on a person's life. These workshops helped participants understand why they have experienced certain struggles and how they may be able to overcome these challenges. The workshops also included 8 sessions about various life skills. Each session covered a different topic from an area in life where individuals with FASD may experience struggles. Topics included money, friendship, planning, employment, parenting, etc. In total, the workshops had 23 attendees throughout the year.

Along with the workshops, participants were given to opportunity to receive personalized-lesson plans and one-on-one educational meetings. This allowed participants to benefit from additional instruction that was personalized to their specific needs. The Program Facilitator worked with each participant to determine which areas to focus on. With 20 participants accessing the personalized educational part of the program, lesson plans were developed for diverse topics such as budgets, personal hygiene, grocery shopping, sexual health, household chores, etc.

While funding for this project ended on March 31, 2020 the Network hopes to find alternative resources to continue to provide this educational service to individuals with FASD.



32 17 10 CSM ATTENDEES PSM ATTENDEES FASDIVERSITY

To create connections and on-going support, the Network hosts monthly meetings for caregivers, parents, and family members of individuals with FASD. The meetings provide a safe space for open discussion and sharing advice. In 2019/20, the monthly Caregiver Support Meetings (CSM) reached 32 people in Saskatoon.

After the success of the Caregiver Support Meetings, the Network began holding meetings for individuals with FASD to connect with their peers. The Peer Support Meetings (PSM) help attendees express themselves and learn that they are not alone. This year, the meetings had 17 individuals with FASD attend.

This year, the Network started a new peer support meeting for youth with FASD who identify as queer, questioning, or allies. This group focused on discussing topics such as safe sex, gender identities, healthy relationships, sexuality and more. During the five months that this group was held, 10 different youth attended the meetings.



POST-SECONDARY PRESENTATIONS

Post-secondary presentations have been the Network's longest running training project. In 2005, the project was created to provide post-secondary students with valuable information about FASD through presentations delivered in their classrooms. Since then, these presentations have been available to classrooms from any field of study and any post-secondary institute in the province.

This fiscal year, 33 presentations were delivered to 768 students across Saskatchewan. Each of these presentations discussed prevention of FASD as well as how the students can support individuals and families in their future careers.

Once again, the presentations were well-received by both the students and faculty who attended. The feedback received this year showed that 89% of the students surveyed felt more confident in supporting individuals with FASD and 100% would recommend a post-secondary presentation to other students.

COMMUNITY PRESENTATIONS

The Network's community presentations are designed to provide an introduction to FASD. Each year, these presentations are delivered to communities and organizations, reaching both the staff and the clients who access services. These presentations focus on providing basic information about FASD including what the disability is, the effects of alcohol consumption during pregnancy, and the impacts it has on individuals and families. The community presentations focus on providing this information while encouraging positive discussions of FASD among those in attendance.

For several years these presentations have been very popular among communities and organizations in the province. In 2019/20, the Network travelled to 18 different communities to deliver 45 presentations. Through these efforts the project reached 869 Saskatchewan residents with information about FASD. The Network will continue to make these presentations accessible to the general public by partnering with other community-based organizations.

2564
PEOPLE
TRAINED

33
POST-SECONDARY
PRESENTATIONS

45
COMMUNITY
PRESENTATIONS

18 FRONTLINE PRESENTATIONS

23

FOSTER
PARENT
PRESENTATIONS

07
CUSTOM
PRESENTATIONS

FRONTLINE TRAINING

The Network's "Frontline Training" is an in-depth training session designed to increase the capacity of professionals and service providers within the province. The two-part training aims to aid workers in diverse fields gain knowledge that will allow them to tailor supports and meet the needs of individuals with FASD. Similar to the organization's other training modules, Frontline Training discusses the primary disabilities and secondary challenges. This training also provides real-life tips and strategies for support.

In 2019/20, 383 Saskatchewan professionals attended a Frontline Training session delivered by the Network. This includes organizations booking workshops for their staff and the Network holding in-house sessions open to any attendee. Overall, 18 training sessions were delivered this fiscal year. Surveys distributed to training attendees indicated that 99% feel the training strengthened their knowledge of FASD and 90% feel more confident in their abilities to support individuals and families impacted by FASD.

FOSTER PARENT TRAINING

It is mandated by the Ministry of Social Services that every foster parent in Saskatchewan takes training on FASD. To meet this mandate the Network has partnered with the Saskatchewan Foster Families Association to deliver training across the province. This year, the Network delivered 23 presentations to 363 future and current foster/adoptive families. The families who attend this training receive information about the disability as well as tips and strategies that can help them open their homes to children with FASD.

CUSTOM PRESENTATIONS

As part of the Network's Training Program, the organization offers custom presentations that can be created specifically for certain audiences, topics, or events. This year, the Network delivered 7 custom presentations. These included multiple workshops for the Saskatoon Indian Institute of Technology and the Saskatoon Public School Division.

TRAINING FEEDBACK

99%

90%

100%

of respondents feel the training strengthened their knowledge of FASD of respondents feel more confident supporting individuals with FASD of respondents would recommend this training to others

"The training was eye opening and very educational. The instructor was very knowledgeable and provided multiple practical applications."

- Foster Parent Training attendee

"The information was informative and interactive. Clear and concise support for all ages and levels of those impacted by FASD. A definite training session for anyone who may find themselves in a position of service and support"

- Foster Parent Training attendee

"We learned to understand we are all people first, there is hope, there is support, and we can be a part of the change. We all need this training."

- Frontline Training attendee



PARENT RETREAT

In 2019, the Network held the 12th annual Parent Retreat event. Parent Retreat is a free conference for caregivers and family members of individuals with FASD. The purpose of the event is to provide up-to-date information on FASD and create an opportunity for attendees to connect with other caregivers.

This year's event was held in Saskatoon and focused on a theme of "Just for You." With 47 caregivers in attendance, this year's Parent Retreat provided knowledge, coping skills, the opportunity to expand circles of support and share life experiences while also focusing on rejuvenating and empowering the caregivers in attendance. The evening included a presentation from a Canadian caregiver, Tammy Roberts, with years of experience raising individuals with FASD followed by a support meeting that gave attendees a chance to learn from other caregivers' firsthand experiences and advice.

FACTS & SNACKS

To provide education on FASD to Saskatchewan's future workforce the Network traveled to 3 communities to reach post-secondary students with information about FASD. For the second year, the Network went to Saskatoon, Regina, and Prince Albert to hold a presentation during lunch for students from any post-secondary institute. These events were held to expand the reach of the post-secondary presentations project.

This year, the 3 events reached 108 students. The feedback from the events once again indicated that it was well received by the attendees and that many people drove in from surrounding communities to hear the presentations. The 2019/20 Facts & Snacks helped raise awareness of FASD and prepare the attendees for their future careers as professionals in Saskatchewan.

855 EVENT ATTENDEES



AWARENESS DAY

FASD Awareness Day is recognized across the world on September 9th each year. It is a day intended to raise awareness about the disability and the effects of prenatal exposure to alcohol.

This year, to raise awareness, the Network held its second 'FASD Questions and Answers Panel' at the Saskatoon Public Library. This free event was open to any member of the community and had 46 people in attendance. The audience was very engaged asking many questions to the caregivers and individuals with FASD who participated on the panel. The evening provided a lot of beneficial information to the attendees including strategies and advice for support. Feedback from the attendees and speakers indicated that they once again enjoyed the Awareness Day panel.



MOVIE NIGHT

Each year the Network holds an event that's intended to give families and children impacted by FASD the chance to meet and connect with others who share their life experiences.

In July 2019, the Network held a movie night for families, children, and individuals with FASD. A theatre at the local Rainbow Cinemas was rented so the attendees could watch one of the latest movies in a sensory-friendly environment where everyone in the audience understands the needs and behaviours associated with FASD. 97 people attended the event. The Network was very pleased to receive a generous donation that allowed the organization to supply each attendee with a vouchers towards concession items. The Movie Night event was enjoyed by those who attended.

127 CONFERENCE ATTENDEES CONFERENCE PRESENTERS

FASD SESSIONS

Each year, the Network holds its annual "FASD Sessions" conference to work towards the organization's mandate of providing information, awareness, and education about FASD to professionals who may provide supports and services to those living with FASD.

For the fourth annual conference, the Network focused on a theme of FASD and justice. With increasing data suggesting that a disproportionate number of people in the justice system have FASD, the Network believes that education and a thorough understanding of the complexities of FASD are imperative for professionals who work within the justice system and related fields.

With a combination of local presenters and national experts the Network was able to provide education about FASD during the two-day event in Saskatoon. This year's conference included break-out sessions so attendees were able to hear from 15 presenters on a variety of topics. This year, the Network was honoured to have keynote presentations from Dr Michelle Stewart, an Associate Professor in Justice Studies and Director of the Community Research Unit at the University of Regina, and Myles Himmelreich, a motivational speaker and individual with FASD who shared his lived experiences with FASD.

In total, the 2020 conference reached 127 professionals from over 36 different communities. The Network was grateful to receive positive feedback from these attendees at the conclusion of the event. Through surveys distributed on the last day of the conference the attendees indicated that 95% would attend the event again and 92% would recommend this conference to other professionals. Through these surveys 92% of the respondents said they enjoyed this year's conference. The Network was pleased to have had another successful conference. It is the hope of the organization that educational events such as the FASD Sessions conference, can change perceptions and provide Saskatchewan professionals with the knowledge and tools they need to meet the unique needs of individuals and families who have been impacted by Fetal Alcohol Spectrum Disorder.

LUNCH N' LEARN

To expand the reach of the community presentations project, the Network once again held its "Lunch n' Learn" events. This year the events were held at local venues in 13 different Saskatchewan communities including:

Regina Swift Current

Moose Jaw Saskatoon

Moosomin Humboldt

Prince Albert Nipawin

Lloydminster Estevan

North Battleford La Ronge

Meadow Lake

These free-of-charge events included a presentation on information about FASD and the many affects it can have on an individual's life. Each event was open to any member of the community who was interested in learning more about FASD.

In total, the 2019/20 Lunch n' Learn events reached 430 Saskatchewan residents. For many attendees this was their first introduction to FASD. Attendees included support workers, caregivers, family members, students, professionals, and individuals with FASD.

These events allowed the Network to deliver information about FASD and the risks of drinking while pregnant as well as create connections and relationships within each community. The Network received very encouraging feedback about this year's events. Once again the Lunch n' Learn events promoted awareness of FASD and the Network's services in communities across the province.

430 LUNCH N' LEARN **ATTENDEES** SASKATCHEWAN COMMUNITIES



6120 FACEBOOK LIKES

The Network uses social media to ensure that positive and accurate information about FASD is readily available. In 2019/20, the Network's social media strategy allowed it to grow its Facebook followers to 6120 people, a 33% increase from last year.

The Network operates several social media accounts with Facebook continuing to be the most popular and valuable platform. Along with the organization's official page, the Network manages a private Facebook group for caregivers that reached 276 members this year.

2912 NEWSLETTER SUBSCRIBERS

Along with its Facebook and other social media accounts, the Network prepares a monthly newsletter. Each month the newsletter includes articles on a variety of topics, typically focusing on education and promoting awareness of the organization's upcoming events and services. This year, the Network focused on ensuring its newsletter was reaching relevant subscribers and increasing the engagement for each newsletter. At the end of the year, the newsletter subscription had grown to 2912 subscribers with an average engagement rate of 17%.

573 TOLL FREE CALLS

Since 2002, the Network's toll-free phone line has proven to be a valuable community resource allowing anyone looking for support or more information about FASD to contact the Network.

To monitor the effectiveness, the Network records each call received on the line. This year, 573 calls were received. Approximately 437 of these calls where from individuals, caregivers, or professionals looking for support and 155 of the callers were contacting the Network for the first time.



RESOURCES

Creating and distributing both printed and online resources is one of the ways that the Network ensures Saskatchewan residents have access to accurate, up-to-date information about FASD. The Network's resources include informational booklets and publications about tips and strategies for support. In 2019/20, 7107 copies of these resources were distributed across the province. In addition to this, 2573 copies were downloaded from the organization's website.

During this fiscal year, the Network was able to develop a new publication entitled, "Tips for Individuals," that was written to help individuals with FASD understand more about their disability.

COMMUNITIES REACHED

FASD affects every community in Saskatchewan. Each year, the Network looks for innovative ways to reach different regions of the province.

This led to the development of the Network's Provincial Trainer program. For approximately 5 years, the Network has partnered with caregivers to individuals with FASD located across the province who deliver training on behalf of the organization while sharing their expertise and personal experiences with the disability. This program allows the Network to reach remote communities and offer training in the most cost-effective way possible.

As a result, the Network's training program was able to deliver 125 presentations in 26 communities during the 2019/20 fiscal year. We would like to thank our trainers and all the organizations and committees who invited us to deliver FASD training in their local communities.



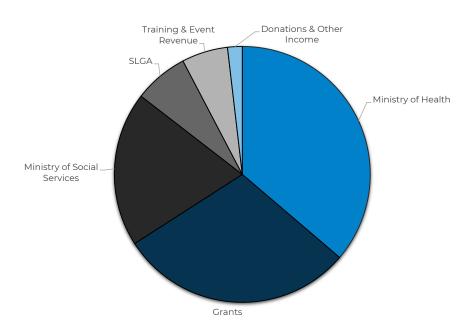
This year, the Network received referrals for support from more communities than ever before. The Provincial Services department of the Support Program had clients from 36 communities. These services are offered with a focus on providing the same support as the programs in Saskatoon and Regina by utilizing different communication methods and travelling to the communities as often as possible. With referrals continuing to come in, the Network has identified a need for increased support services in all communities across the province.

In total this year, the Network reached 91 communities to offer support, training, events and education.

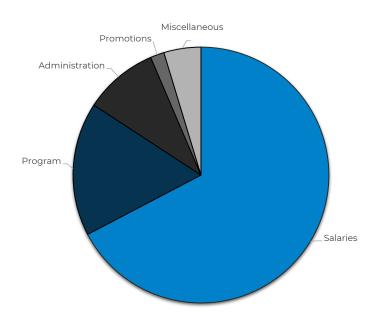
The FASD Network prides itself on being a provincial organization and will continue to focus on reaching as many Saskatchewan cities, towns, and villages as possible in the new fiscal year.

FINANCIALS

INCOME



EXPENSES



Ministry of Health	36.25%	Salaries	67.32%
Grants	29.66%	Program	16.89%
Ministry of Social Services	19.56%	Administration	9.36%
Saskatchewan Liquor and Gaming Authority	6.86%	Miscellaneous	4.68%
Training and Event Revenue	5.82%	Marketing	1.75%
Donations and Other Income	1.85%	-	

BOARD & STAFF

Cara Haaf, President

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Monique Farber, Support Worker

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Jessica Big Eagle, Provincial Support Worker

Craig Runns, Navigator

Satin Denny, Navigator

