

Preventing FASD:

Hope, Respect, Understanding,
Compassion and Cooperation

Saskatchewan
PreventionTM
Institute

Our Goal is Healthy Children



Our Mission is to reduce the occurrence of disabling conditions in children.

The Saskatchewan Prevention Institute focuses on ***Primary Prevention***:

- Education
- Information Services
- Community Development
- Research and Evaluation
- Communications



Partners in Prevention

- Community-at-Large
- Government of Saskatchewan
- Kinsmen Telemiracle Foundation
- Saskatchewan Abilities Council
- University of Saskatchewan

History

The Saskatchewan Prevention Institute has been operating for over 27 years as a not-for-profit, provincial organization.

Program Areas

- Alcohol, Tobacco, and Other Drugs
- Childhood Injury Prevention
- Prenatal and Infant Health
- Parenting Education
- **Program Partners:** Community Action Program for Children (CAPC); The Advisory Committee on Family Planning (ACFP).

Outline

- What is FASD?
- Levels of Prevention
- Guiding Principles
- Models for FASD Prevention
 - Saskatchewan FASD Speakers' Bureau
 - Youth Action for Prevention (YAP)

What is FASD?

- FASD is a lifelong disability caused by maternal alcohol use during pregnancy
 - Primarily affects the central nervous system
- Prenatal alcohol exposure can cause a range of disabilities
 - Physical, behavioural, learning, cognitive, adaptive

What is FASD?

- Approx 1 in 100 Canadians will be born with FASD
- FASD is preventable

Levels of Prevention

- **Level 1:** Broad awareness building and health promotion efforts
- **Level 2:** Discussion of alcohol use and related risks with all women of childbearing age and their support networks
- **Level 3:** Specialized, holistic support of pregnant women with alcohol and other health/social problems
- **Level 4:** Postpartum support for new mothers to maintain/initiate changes in health and social networks to support the development of their children

From: Poole, N. A. (2008).
Fetal Alcohol Spectrum Disorder (FASD)
Prevention: Canadian Perspectives
www.publichealth.gc.ca/fasd

www.preventioninstitute.sk.ca

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Assessing Alcohol Risk During Pregnancy

From: www.faseout.ca

Problems Have Not Developed		Problems Have Developed		
No Risk	Low Risk	Moderate Risk	High Risk	
Health Enhancement	Risk Avoidance	Risk Reduction	Early Intervention	Treatment/ Intervention

70% of women who drink will avoid alcohol during their pregnancy if they understand it will cause damage to the developing fetus

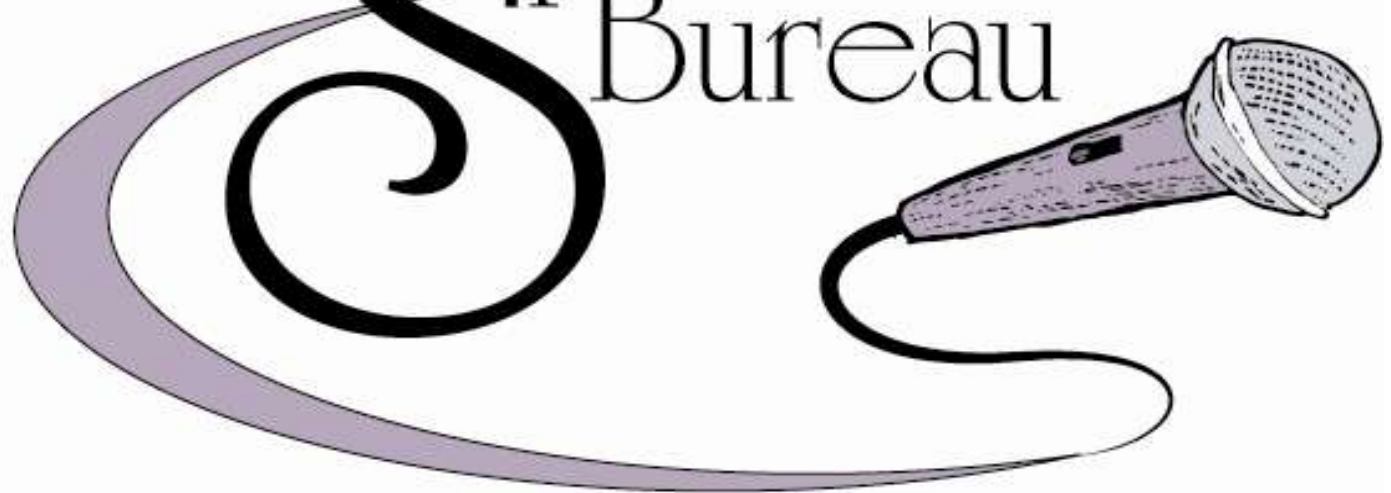
20% of women will require the support of their partner, family and friends to avoid alcohol

10% of women will require specific intervention to reduce and/or eliminate alcohol (harm reduction)

Guiding Principles

- Hope
- Respect
- Understanding
- Compassion
- Cooperation

Saskatchewan FASD Speakers' Bureau



Bev Drew, B.A.Sc., M.Sc.
FASD Prevention Program Coordinator

Why a Speakers' Bureau?

- Sharing the workload
- Building capacity in communities
- FASD education from a variety of perspectives

Supporting Agencies and Funders

□ Partnership:

- Saskatchewan Prevention Institute
- FASD Support Network of Saskatchewan

□ Funding:

- Saskatchewan Ministry of Health
- Saskatchewan Liquor & Gaming Authority
- Public Health Agency of Canada
- First Nations Inuit Health Branch

Current Speakers' Bureau

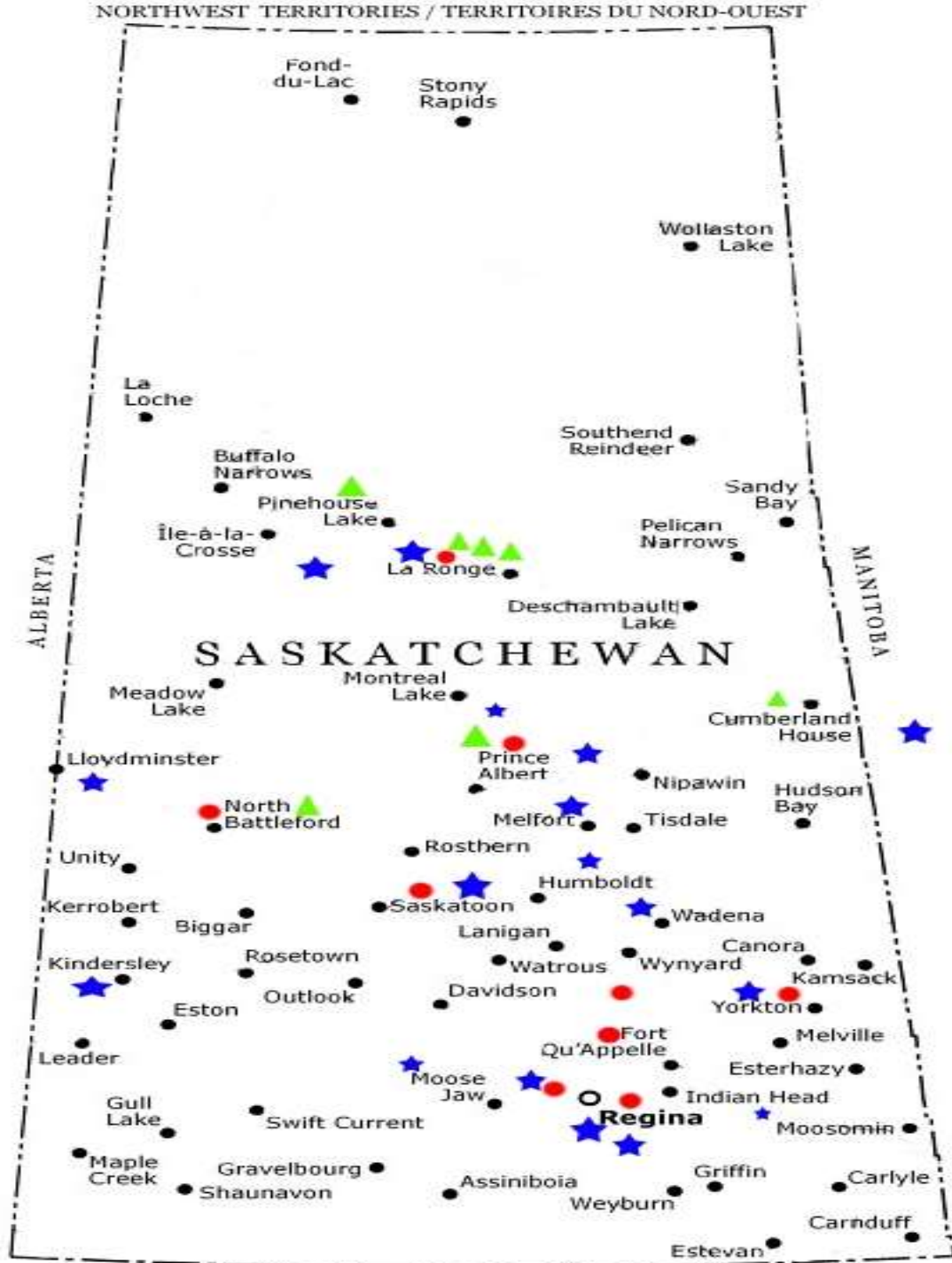
- 26 active members
- Range of proficiency employed in diverse agencies
- Good provincial coverage

**Speakers'
Bureau
Members**

2004

2007

2009



Support Provided to FASD Speakers' Bureau

- Initial in-depth training
- Professional development opportunities
 - Retreats, conferences, workshops
- Resources
- Networking
- Expenses

FASD Speakers' Bureau Training Manual

□ Contents include:

- Information about supporting agencies, Speakers' Bureau
- FASD: Definition, History, and Research
- Fetal Development
- Alcohol and Drug Use
- Preventing and reducing the impact of maternal drinking

Training Manual

(continued)

- Referral and diagnosis of FASD
- Normal brain anatomy and function
- Primary and secondary disabilities and strategies
- Community development
- Adult education
- Evaluation
- Saskatchewan Services index

FASD

Speakers' Bureau

Statistics

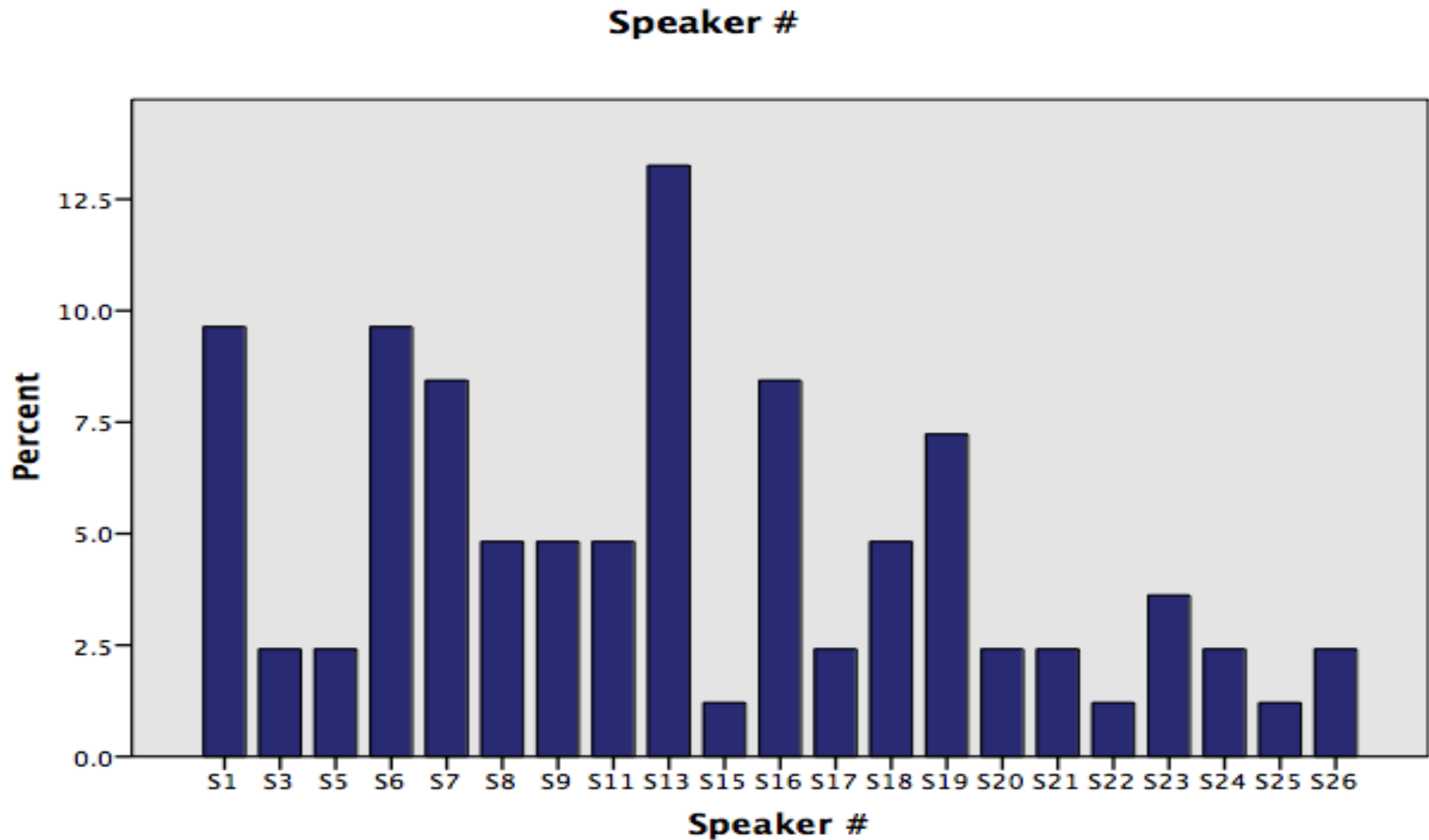
Data Collection

- 21/26 speakers provided at least some presentation information (81%)
- January – September 2009

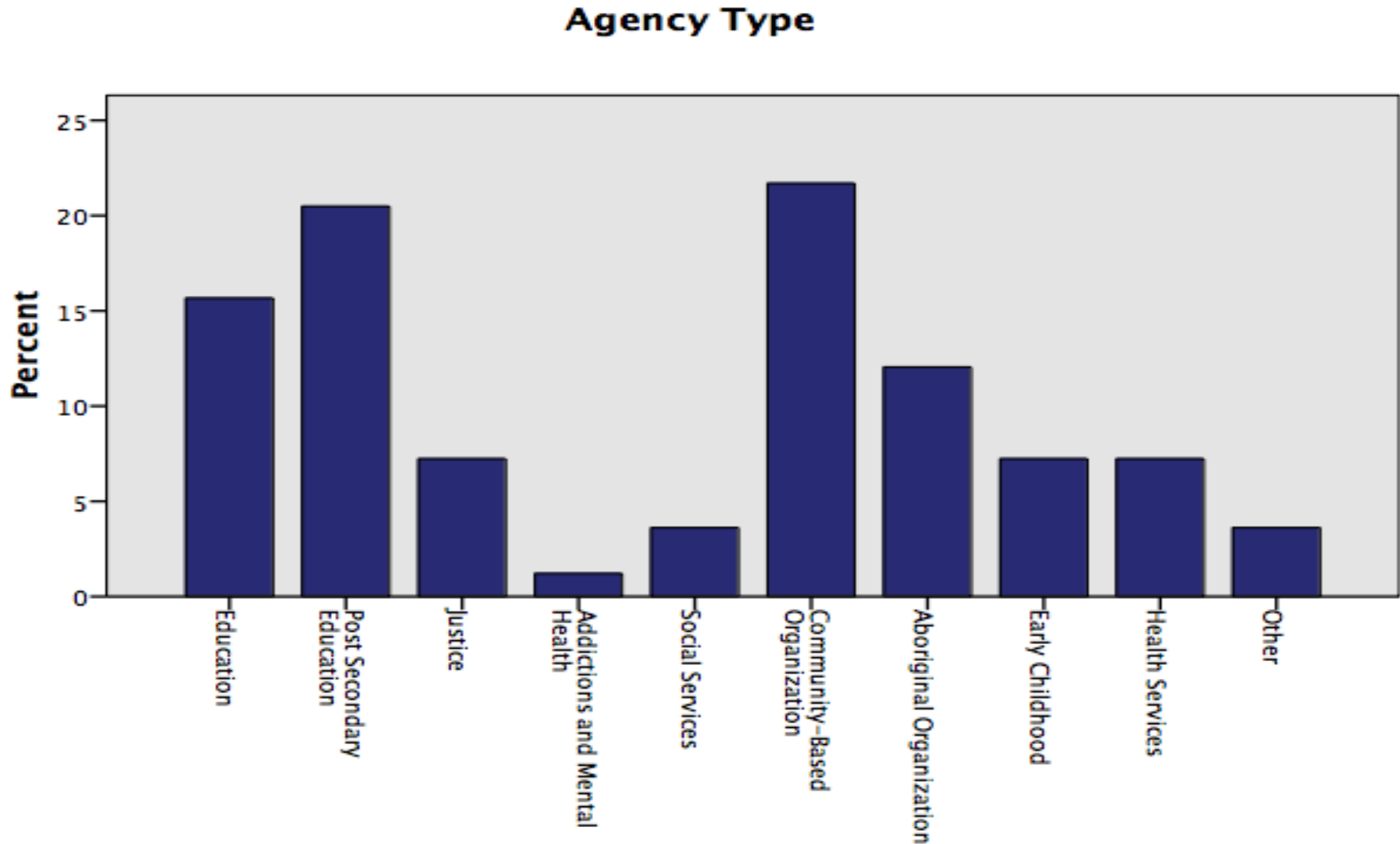
2009 Presentations

- 83 presentations
- Total audience of 2105
- Average of 5 presentations per speaker (range 1 to 11)

Presentations



Agency Type

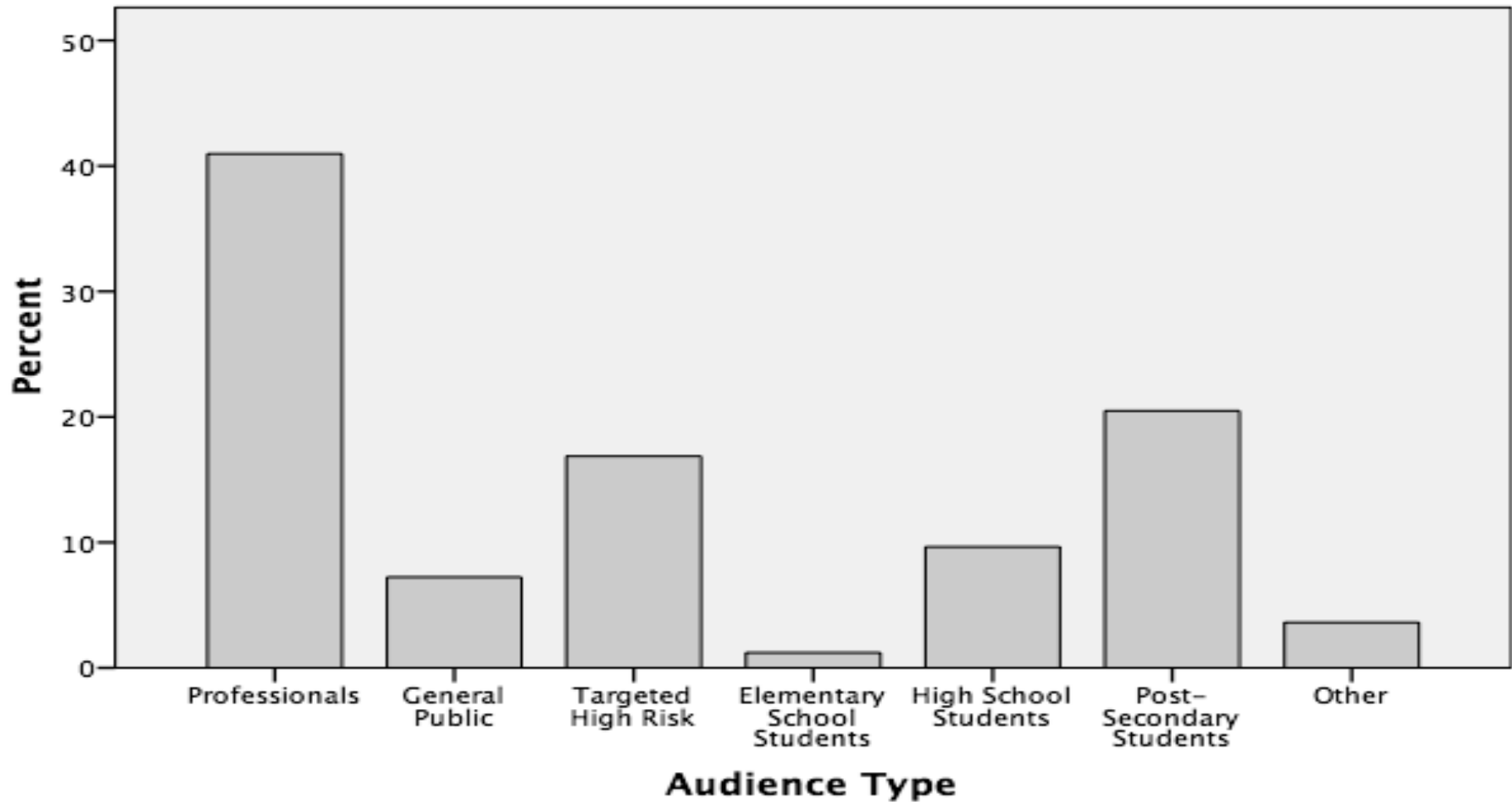


Types of Presentations

- 38.5% Lecture
- 38.6% Workshop
- 20.5% Conference
- 2.4% Other

Audience Type

Audience Type



Content of Presentations

- 84.3% Basic FASD Information
- 47% Strategies
- 31.3% Understanding Addiction

Youth Action for Prevention (YAP)

**Stacey McHenry, MPH (candidate), BA (Hons.)
FASD Prevention Program Coordinator**

Youth Action for Prevention

Purpose

- Educate Saskatchewan youth (14-24) about alcohol use and related harms

Goal

- Youth create programs/resources for their peers
 - Awareness, informed decisions

Funders

- Saskatchewan Ministry of Health
- Potash Corporation Inc.

Youth Alcohol Use

- 91% youth (15+) consumed alcohol during lifetime (83% in past year)
- SK has high rate of youth alcohol dependence

- Binge drinking
- Narrowing gender gap

Alcohol-Related Harms

- Health/Physical; Social/Lifestyle; Sexual
 - Highly interconnected

- Variability in level of knowledge about risks

- YAP addresses *multiple risks* to promote FASD awareness

Peer-to-Peer Prevention

- Peer influence can be protective *or* risk factor
- Youth want relevant and real info from people they relate to
- Programs that involve youth found to be more effective

Youth Engagement

- Meaningful participation and sustained involvement in an activity, with a focus outside of the self” (Centre for Excellence for Youth Engagement)
- Benefits for YAP participants
 - Skill development
 - Healthier lifestyle choices
 - Sense of purpose/achievement
- Youth Coordinator
- Collaboration with Youth Launch

YAP Meetings

* Bring together youth from diverse communities

Include:

- Education
- Discussion
- Training
- Action

Training

- Provide skills training
 - Experienced youth provide training for new youth
- Creative Workshops

Youth Action Grants

- Funding for youth to implement activities

Examples:

- Health Fairs and Other Events
- Commercials/PSAs/Documentaries
- T-Shirts
- Drama/Skits
- Conferences

Evaluation

YOUTH

- ❑ I am going to do my best to change as many opinions and lives as I can with the knowledge I have acquired. This has really touched me.
- ❑ I learned exactly how to facilitate a group. I learned how to interact with several people. I learned a lot about FASD. I learned that when a group of youth gets together, we can do anything.
- ❑ That FASD is bad and that kids are looking up to me so I have to be a role model for them.
- ❑ I feel that we are on the right track to making an impact on young adults and adolescents. With enough effort, I know that the project will go far.
- ❑ I feel as if I've accomplished something and am a part of something bigger than myself. I feel like a plan is in the making.
- ❑ I want to get more informed and more active in the youth community with different projects like this, they're fun and worthwhile.

ADULT ALLIES

- ❑ I feel that I am more connected to the youth that I brought and I look forward to supporting them on their Project.
- ❑ I will give all of my energy and moral support to the youth who are going to be putting these plans into action. I will also continue to be part of the further planning to spread awareness of FASD
- ❑ I truly feel that these kinds of events help youth develop into wonder[ful] adults. Adults who have compassion and heart to continue this Youth engagement movement



Contact us

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