2020 2021

fasdNL

Annual Report

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Overview of fasdNL Initiatives

A growing team

fasdNL continued to grow in 2020-2021 with the hiring of a project assistant and two research assistants. This has advanced our capacity to address the multi-dimensional nature of FASD work.

Toward prevention: Atlantic FASD project

A three-year FASD project in Atlantic Canada, led by fasdNL and funded by PHAC, was announced by MP Scott Simms and MP Scott Casey and launched in May 2021. The project is the first of its kind in the region.

Parent and caregiver supports

Parents and caregivers across NL continue to request and engage with fasdNL for support and resources. Our monthly support group provides support for caregivers across the province.

Atlantic FASD Community Network blog launch

The Atlantic FASD Community Network, which formed in 2020, launched a blog to capture the experiences of individuals living and working with FASD in Atlantic Canada.

Community-based research

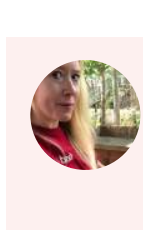
fasdNL began work on the first comprehensive provincial needs assessment in NL. This community-based research will identify specific needs, service barriers, and strengths.

Training and webinar development and delivery

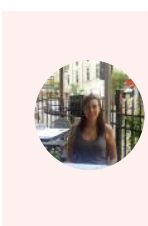
fasdNL developed and delivered evidence-based webinars and customized training that can be delivered virtually and synchronously.

fasdNL Board of Directors and Staff

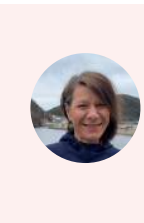
A dedicated volunteer Board of Directors governs fasdNL. As a provincial board, we ensure we have representation from each region of the province. Our 2020-2021 directors:



Dr. Adrienne Peters
//Chair
Memorial University of Newfoundland and Labrador (Eastern)

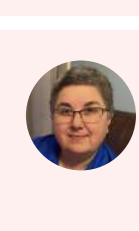


Morgan Foley
//Director
Labrador Correctional Center (Labrador)

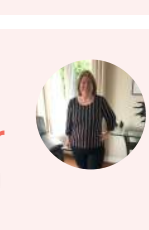


Brenda Sheppard
//Director
Burin Peninsula Brighter Futures (Eastern - External)

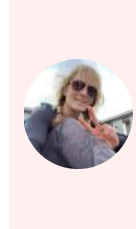
Karen Beresford
//Treasurer
Exploits Valley Community Coalition (Central)



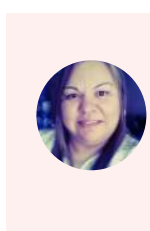
Dolores Flowers
//Director
Nunatsiavut Government (Labrador)



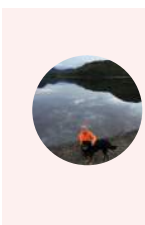
Kelly Mason
//Director
FASD Advocate (Eastern)



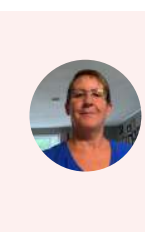
Karen Smith
//Secretary
Central Health (Central)



Annie Picard
//Director
Innu Round Table (Labrador)

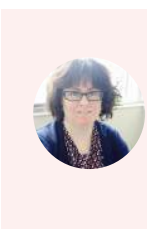


Bernice Hancock
//Director
Community Action Committee for Southwestern (Western)



June Fry
//Ex-officio
Innu Round Table (Labrador)

Pamela Griffin
//Ex-officio
Public Health Agency of Canada (PHAC) (Eastern)



Melissa Feaver
//Director
Corner Brook Status of Women's Council (Western)

Katharine Dunbar Winsor
//Executive Director

Jillian Peddle
//Project & Logistics Assistant

Emily Collis
//Research Assistant

Laura Squires
//Research Assistant

2020-2021 Activities

This report captures the initiatives undertaken by fasdNL from September 2020 to September 2021. Following increased funding from Newfoundland and Labrador's Department of Health and Community Services in Spring 2020, fasdNL continued to grow and increase capacity for FASD related initiatives across the province.
The ongoing COVID-19 pandemic has altered elements of our work while simultaneously providing new opportunities for virtual delivery of training and supports.

In 2020-2021, we developed and delivered a new webinar about supportive approaches and housing for adults with FASD. We also updated our introductory *FASD 101* training to provide additional interactive learning activities and ways to strategize implementing FASD-friendly policies in our workplaces. In total, we have provided training and webinars to over 270 individuals since September 2020.

Following the formation of the Atlantic FASD Community Network in July 2020, the Network launched a blog dedicated to showcasing the experiences of individuals living and working with FASD in the four Atlantic provinces. You can read the blog here.

fasdNL began preliminary work on the first comprehensive community-based needs assessment about FASD in Newfoundland and Labrador (NL). This project, undertaken in collaboration with Memorial University of Newfoundland and Labrador and funded by Mitacs, will be conducted through the remainder of 2021 and early 2022 to help identify and examine specific needs, service barriers, and identify strengths around FASD work in NL.

In Spring 2021, a three-year FASD prevention, awareness, training and collaborative action-building project entitled *Toward Prevention: An Atlantic FASD awareness and collaborative action-building initiative* led by fasdNL began in the four Atlantic provinces. This project, funded by the Public Health Agency of Canada (PHAC), was formally announced by Scott Simms, Member of Parliament for Coast of Bays—Central—Notre Dame, Newfoundland and Labrador, Sean Casey, Member of Parliament for Charlottetown, Prince Edward Island and Katharine Dunbar Winsor, fasdNL Executive Director. You can watch the announcement here and read more about the project here.

2020-2021 Activities

Each September, fasdNL holds events across the province in recognition of FASD Awareness Week. This week intends to bring public awareness to FASD, reduce stigma, and provide accurate information using appropriate language. In 2021, fasdNL continued with our virtual event called *Move for FASD*. Participants completed a physical activity of their choice and posted a photo to social media using our hashtag #RedShoes4FASDNL.

Partnering organizations including Burin Peninsula Brighter Futures, the Community Action Committee for Southwestern, and Nunatsiavut Government's Department of Health and Social Development, among others, facilitated additional community initiatives, including an FASD awareness breakfast, distribution of rock-painting kits, and an FASD fact-finding mission.
The province of Newfoundland and Labrador and 51 municipalities throughout Atlantic Canada proclaimed September 6-10, 2021, as FASD Awareness Week.

The 2020-2021 year has brought significant growth and increased capacity within fasdNL to address the multitude of needs related to FASD work within Newfoundland and Labrador, and Atlantic Canada.

Katharine Dunbar Winsor
Executive Director

Katharine (she/her) is a PhD Candidate at Concordia University. Her research examines the intersection of health and justice systems, focusing on criminalized individuals, substance use, and FASD.

fasdNL Atlantic Project and Social Media

Jillian Peddle joined the fasdNL team in May 2021. Since joining the team, her work has focused on:

FASD Justice Training:
Built an justice professionals stakeholder list for Atlantic Canada to serve as a foundation of invitees for the *FASD101 and the Justice System* training.

Information Gathering:
Utilized Statistics Canada to gather pertinent information relating to FASD and Atlantic Canada. Including:
o Total population, by province
o Children and youth in foster care/out-of-home care
o Average daily counts of adults and youth in correctional services
o Rates of binge drinking (by province, sex, and age group)

Prevention/Awareness Campaign
Worked on the development of an evidence-based and harm reduction focused FASD prevention and awareness campaign.

Drafted campaign visuals and survey feedback tool.

FASD Awareness Week + Move 4 FASD
Invited municipalities across Atlantic Canada to proclaim FASD Awareness Week.

Oversaw fasdNL social media accounts for the 30 day FASD awareness campaign, FASD awareness week and Move for FASD initiatives.

Jillian Peddle
Project & Logistics Assistant

Jillian (she/her) has a Bachelor of Science (Hons) degree in Psychology and is currently completing a Master of Arts degree in Sociology at Memorial University of Newfoundland and Labrador.

fasdNL Research

Laura Squires joined the research team for the Community Needs Assessment in November 2020. Since then, she has:

1. Identified legal/justice system sectors to target for the community needs assessment. Developed general and targeted survey questions for legal/justice professionals and those who work with individuals who have FASD.
2. Compiled stakeholder lists for community needs assessment surveys distribution to:
   a. Legal/Justice
   b. Community-Based Programs
   c. Education
3. Drafted initial ethics documents for the needs assessment.
4. Produced a 5-part accessible video series explaining the Disability Tax Credit and documented that process in a forthcoming blog post.
5. Developed a *Tips for Justice Workers* resource to explain how legal/justice professionals can better communicate with their clients who have, or are suspected of having FASD, including specific "best-practices" identified in the literature.

Laura Squires
Research Assistant

Laura (she/her) holds a Bachelor of Arts Honours (Sociology) and is currently completing a masters in Sociology at Memorial University of Newfoundland and Labrador, with a focus on mental health, substance use and trauma among justice-involved individuals

fasdNL Research

Emily Collis joined the research team for the Community Needs Assessment in September 2020. Since joining the team, she has focused on 4 distinct tasks:

1. Literature Review on best practice for diagnosis of FASD in the healthcare system.

2. Literature Review on best practice for interventions for individuals with FASD.

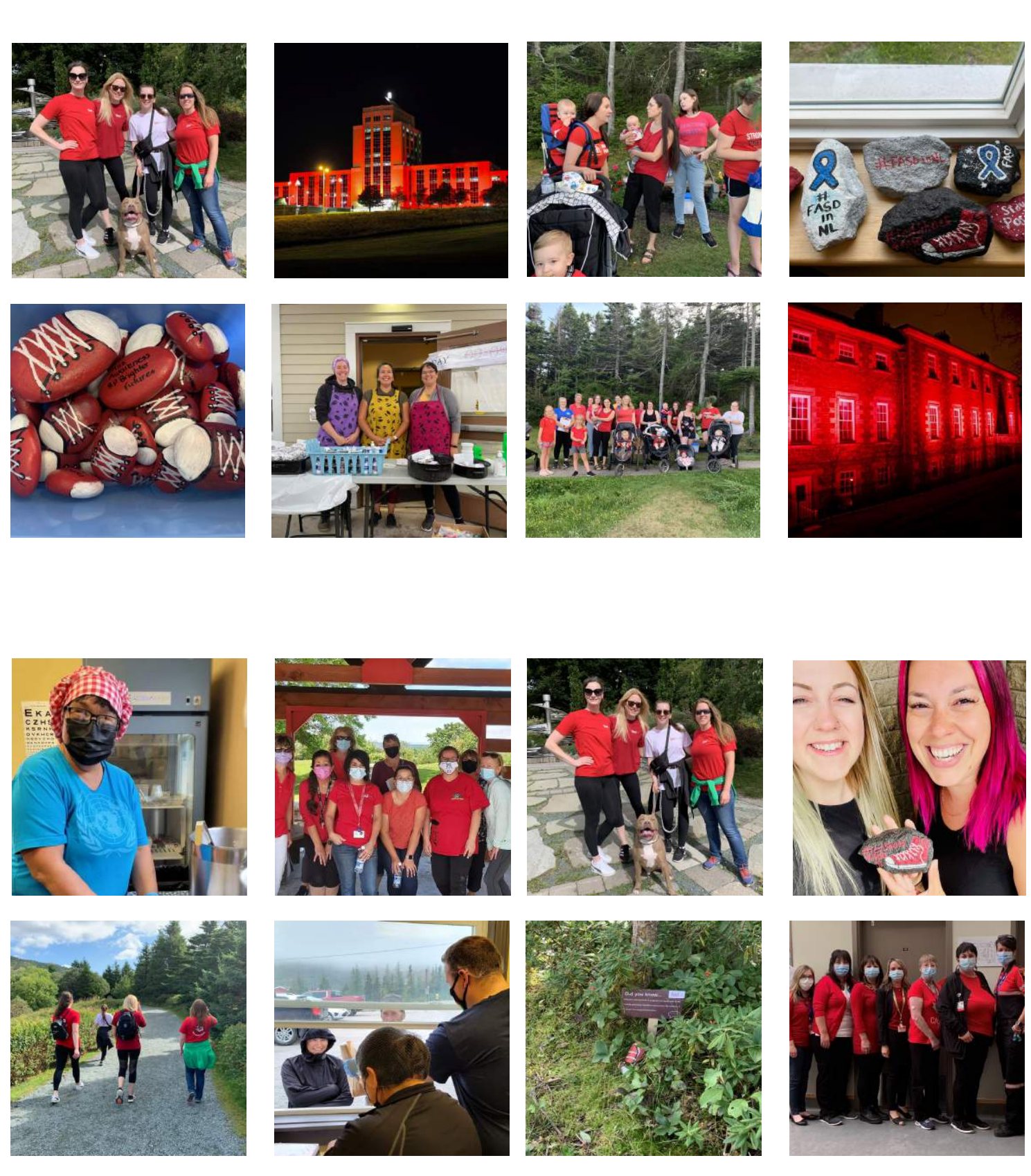
3. Reviewed current available knowledge on diagnostic services in Newfoundland and Labrador.

4. Assisted in the development of survey questions for the healthcare system for the Community Needs Assessment.

Emily Collis
Research Assistant

Emily (she/her) holds a Masters of Science (Neuroscience) and is currently completing her Medical Degree at Memorial University of Newfoundland and Labrador.

FASD Awareness Week 2021



Putting FASD on the Map 2021

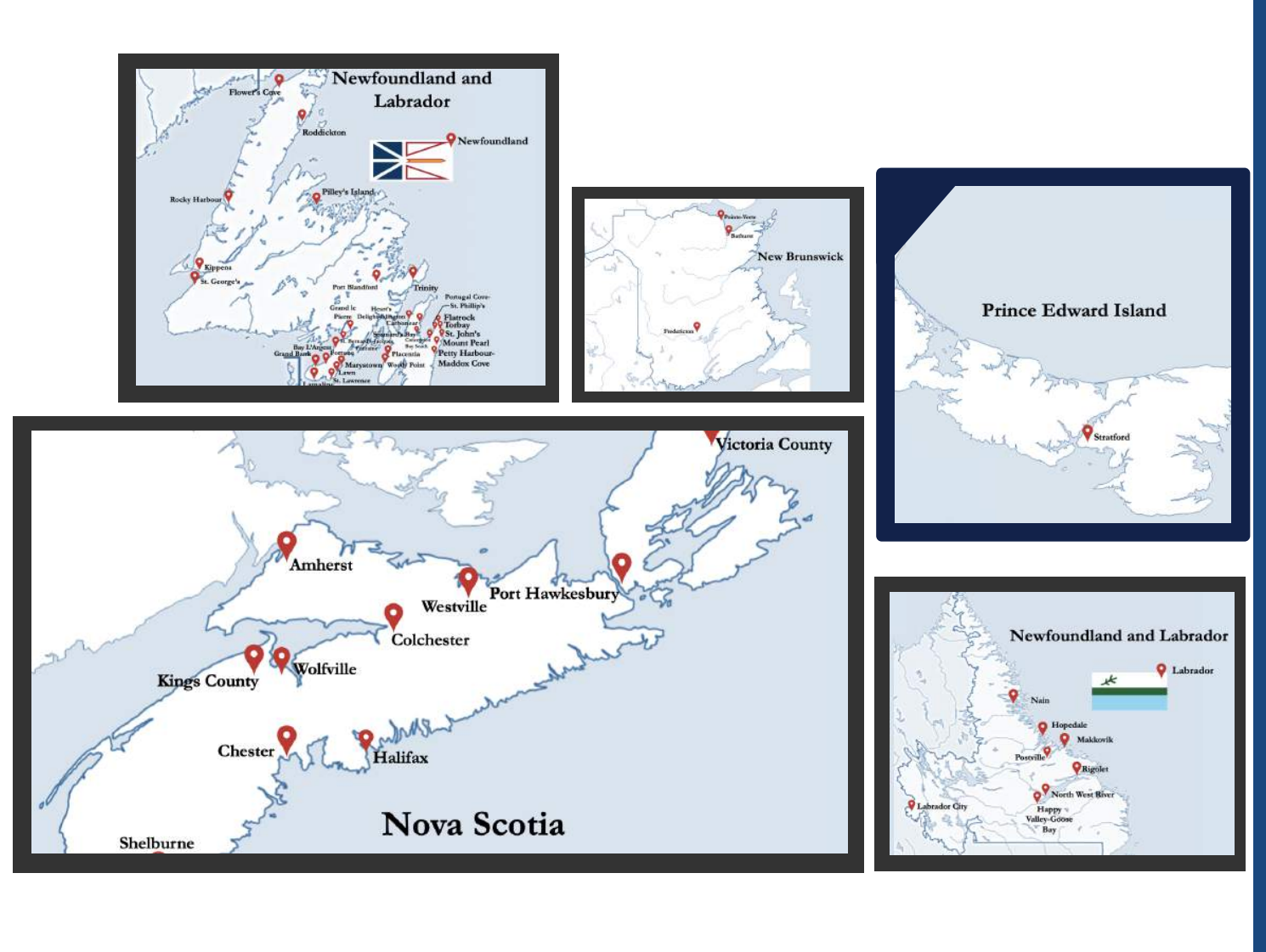
Amherst
Proclamation

Due to the pandemic, proclamations were shared several ways including YouYube channels, social media accounts, and Rogers TV streaming.

We thank all communities for participating!

Together, we are putting FASD on the map across Atlantic Canada!

Putting FASD on the Map 2021



Together, we are putting FASD on the map across Atlantic Canada!

Working Together, We Plan To:

- Increase awareness and accurate information about FASD across NL and Atlantic Canada.
- Offer ongoing FASD training and webinars.
- Partner with organizations and stakeholders to support FASD prevention, diagnostic, and intervention work.
- Launch the province-wide community needs assessment.
- Continue to support parents and caregivers of individuals with diagnosed or suspected FASD across NL.
- Release an Atlantic-wide FASD prevention and awareness campaign.

fasdNL - Learn More

Our Funders & Supporters

Government of Newfoundland& Labrador - Department of Health & Community Services

Public Health Agency of Canada

Mitacs

Newfoundland and Labrador Liquor Corporation

Key Assets

Exploits Valley Community Coalition

Community Action Committee for Southwestern

Daybreak Parent Child Centre

Burin Peninsula Brighter Futures

New Brunswick FASD Centre for Excellence

Kids First Association

Mi'kmaq Family Resource Centre

fasdNL extends thanks to all of our supporters for financial and in kind donations.

Watch our video series on the Disability Tax Credit here.

Become an fasdNL Network member here.

Request FASD training in your region here.

Sign up to receive our newsletter here.

Let's Get in Touch

How to reach us

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