



MARCH 5, 2019

SUPPORTS AND SERVICES – FUNDED SERVICE PROVIDERS

- **Call to order and roll call**
- **Approval of last meeting minutes**
 - Carol
- **Reporting**
 - ORS (quarter 4) is due no later than 9am, Friday, April 5, 2019.
 - Narrative report is due no later than 9am, Friday, April 12, 2019 (please email to lisa@rogozinsky.org)
 - Unaudited schedule B (April 1, 2018 – March 31, 2019) due no later than 9am, Tuesday, April 30, 2019 (please email to lisa@rogozinsky.org)
 - Audited financial statements due June 30, 2019.
- **Finances**
 - All funds (April 1, 2018 – March 31, 2019) must be spent by March 31, 2019.
 - There is no carry over of funds into the next fiscal year.
- **2019 – 2020 Letters of Agreement**
 - Once all have been received an Executive Board member will sign, Lisa will scan, and email copies back to everyone.
 - Grant agreement has been signed by the GoA (April 1, 2019 – March 31, 2020).
 - Grant disbursement: April cheque will be for the first quarter, July cheque will be for the last three quarters.

SOCIETY MEETING – ALL MEMBERSHIP

- **Call to order and roll call**
- **Approval of last meeting minutes**
 - Scott
- **Membership (April 1, 2019 – March 31, 2020)**
 - Distributed membership forms and invoices
- **Tuesday, June 4th Meeting Space**
 - CSS graciously donates the meeting room space to EFAN each month but have asked if we can move to a different location in June as they are prepping for their accreditation.
 - Suggestions? EFRY
- **FASD Day Sept 9th, 2019**
 - Event ideas: target the universities, people who are the next influencers, media, tag-team with other events/gathering spaces, Citadel youth drama, Alexander
- **AGM**
 - Will be held on Monday, September 9th, 2019
 - This will replace the normal meeting date of Tuesday, September 3rd, 2019
 - Event ideas will be discussed at April Network meeting
- **April 4th, 2019 FASD Caregiver Conference at Fantasyland Hotel**
 - Motion: (Lisa), seconded (Catherine), Allocate \$50/individual panel participant (14 x \$50= \$700) for honorarium, approved.
 - A larger room was acquired but only allows for those that had registered on the waitlist.
 - Will be recording the panel presentations
- **Prevention Conversation Project**
 - Perhaps a delay in the printing of the youth resources due to potential provincial election being called
 - Presented to the FASD Parent Advisory Council with Inclusion Alberta

- Core messages include:
 - “Safest not to drink alcohol in pregnancy”
 - “Drinking can be harmful at any point during pregnancy. The baby’s brain and nervous system develops throughout the entire pregnancy and may lead to a lifelong disability of FASD”
 - “Alcohol and pregnancy don’t mix. If you drink alcohol and are sexually active, make sure you use effective contraception”
 - “Some women need support, care, and treatment to help them stop drinking during pregnancy by walking with her. If you are pregnant or thinking about getting pregnant, consider talking to your healthcare provider or asking for help on learning more about support and services in your community”
 - “Friends, partner, and family members can support a pregnant woman by asking how they can help her make healthy choices and healthy babies”
 - The core messages provide the foundation of themes that are promoted in the prevention conversation project and are not meant to be stand-alone elevator pitches, but part of a larger, sensitive, non-judgmental conversation
 - **New research/resources**
 - **Article Summary, CanFASD, Suicide risk in adolescents with FASD:**
 - Study looked at suicidal ideation and serious suicide attempts among adolescents with high-functioning FASD between the ages 13 – 18, comparing prevalence rates to typically developing adolescents.
 - 35.2% of participants experienced suicidal ideation (twice the rate of general population).
 - 13% made at least one serious suicide attempt requiring medical help (five times the rate of the general population).
 - For males with FASD the prevalence rate of serious suicide attempt is 19.5 times higher than the general population
 - Females with FASD have a depressive disorder rate similar to the general population, males is a much higher rate.
 - Factors that contribute to increased suicide ideation/attempts include: lower IQ (particularly males), adolescents who lived in several homes, depressive disorder, FASD primary disabilities.
 - *Recommendations:* improving interventions and monitoring individuals with FASD who are at risk of suicide, work to understand why females with FASD seem less likely to endorse suicide than typically developing females, diagnosis early to support early.
 - **Take home message:** It is obvious from this study that adolescents with FASD are at an increased risk of suicidal ideation and suicide attempt, compared to the general population. Males with FASD are even more vulnerable than females. Without attending to the needs of each individual and intervening early enough/providing adequate supports, there is an increased likelihood of self-harm and life-threatening behaviour among this population
 - Distributed ‘I Am A Caregiver’ poster
 - If you would like additional copies, please email Lisa and she will bring them to the April Network meeting.
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Next meeting: Tuesday, April 2, 2019