



Date: Tuesday, August 2, 2022

Meeting Minutes

1. In attendance:

- Lisa, Denise, Nola, Sophia, Miranda, Alishah, Tsion, Sadie, Carleigh, Deepani, Beth, Brittany, Mercy
- Approval of June 2022 meeting minutes, Denise

2. Reporting

- Quarter 2 (July 1 – September 30, 2022)
- ORS is due no later than 9:00 am October 7, 2022.
- Narrative report is due no later than 9:00 am October 14, 2022.
- 6-month Schedule B (April 1 – September 30, 2022) is due October 15, 2022.
- Lisa to review Policies and Procedures for needed updates, will bring to membership October 2022.
- Working on 3-year business plan (April 1, 2023 – March 31, 2026).
- Lisa to email funded programs for updated 'key activities' as per letter of agreements.

3. Finances – Audited Financial Statement

- 2022 (April 1, 2021 – March 31, 2022) Revenue: \$6,786,639 against total expense \$6,787,068 (-\$429).
- Net assets end of year: \$40,504
- Deferred revenue: \$684,844
- Cash end of year: \$725,348
- Motion (Lisa) To approve the prepared audited financial report by Bergeron & Co, seconded (Brittany), motion approved with no abstentions and no opposed.

4. EFAN AGM

- September 9, 2022, 9:00 am - 11:00 am.
 - Please RSVP to Lisa by August 12, 2022.
 - The agenda will include necessary business items and then a Metis cultural awareness presentation by our colleague Tracey.
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- Coffee, tea and muffins during the event.
- September awareness month: focus on social media engagement targeting the prevention of FASD.

5. 'Prevention Conversation' project – Brittany

- Update provided.

6. 'WRaP 2.0 FASD Coaching Partnership' project

- Quarter 2 just ended (May 1 – July 31, 2022).
- Data and survey submissions are due 10 business days after the quarter end.
- Bi-annual report, narrative and financial, is due August 30, 2022.
- Summer projects that have been worked on and that Network Coordinators and FASD Instructional Coaches have provided feedback on include the beginning of an Indigenous and cultural awareness section on the blog, a six-phase onboarding process for new staff (available on the blog), edits to the Project Playbook, and Instructional Coaches engaging in professional development through Open Futures.
- CanFASD is going through the four PowerPoints and will provide any needed edits and adjustments based on new research.
- Networks were provided the opportunity the print of the project 'tip sheets' for the upcoming school year (receipts were due July 31).

7. New research and resources

- [CanFASD Issue Paper: Broad Approaches to Psychotherapy for Individuals with FASD](#)
 - <https://edmontonfetalalcoholnetwork.org/2022/07/18/canfasd-issue-paper-broad-approaches-to-psychotherapy-for-individuals-with-fasd/>
 - Key Message: Many individuals with fetal alcohol spectrum disorder (FASD) experience challenges with their emotional wellbeing and mental health. Despite the significant need for supports, there is very little evidence on the use of psychotherapy with individuals with FASD.
 - In this issue paper, CanFASD review's the literature on psychotherapy broadly, and summarize the preliminary scientific and clinical anecdotal evidence to identify approaches and potential adaptations that may be used in psychotherapy to best support mental health and wellbeing for people with FASD.
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- Based on the existing psychotherapy and DD literature, as well as clinical, anecdotal, and emerging scientific evidence in the FASD field, the following recommendations are made for clinicians, researchers, and policymakers:
 - **Common ingredients.** Regardless of which specific approach is taken to support the mental health needs of clients with FASD, it is important to consider the common elements or “ingredients” that have been shown to enhance therapeutic outcomes across populations. Prioritizing the core elements of effective therapy such as relationship building, working alliance, and collaborative goal setting will help to ensure goodness of fit and improve treatment outcomes. These broad priorities will also allow for fluid and responsive adaptation of therapeutic approaches to meet the immediate and evolving needs of clients with FASD.
 - **Special issues.** Clinicians should be aware of specific issues that may be particularly relevant for clients with FASD. For instance, clinicians may need to intentionally focus on relationship building and maintenance with consideration of potential trauma and disrupted attachment in client presentation and throughout the delivery of therapy. In addition, approaches may need to be modified based on individual needs and engagement, so that the chosen intervention will align with the client’s unique characteristics and presentation.
 - **Targeted studies.** More research is needed on specific forms of mental health treatment that may be effective for people with FASD, and the ways in which existing evidence-based treatments may be adapted to be more appropriate and effective for clients with FASD. Research is also critically needed on how strengths and protective factors may be leveraged to promote mental health and wellbeing for people with FASD and their families.
 - **Service provider training.** Specific and targeted training is needed to educate mental health care providers on FASD and ways of best supporting clients with FASD in therapy. These initiatives may include the development of communication tools to facilitate advocacy. Therapist supervision should also be sought to ensure competent FASD-informed practice.
 - **Screening.** Improved FASD screening tools and processes in mental health settings are needed to ensure that the complex needs of individuals with
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FASD are identified and addressed early, and treatment approaches are tailored accordingly.

- **Caregiver support.** Proactive efforts are needed to develop and increase access to effective mental health supports for caregivers and families of individuals with FASD.
- **Comprehensive prevention and intervention.** Early intervention to protect against the development of mental health challenges among individuals with FASD is critical. Intentional and targeted practice and policy efforts are needed to promote mental wellbeing beginning in the earliest stages of life. These responses should incorporate holistic and wrap around services incorporating support for co-occurring needs. Recognition of the broader psychosocial, environmental, and systemic factors that complicate treatment for people with FASD is also imperative.

- **International FASD Prevention Seminar**
- <https://preventionconversation.org/2022/07/11/international-fasd-prevention-seminar-series/>
- In 2002, CanFASD sponsored a five-part seminar series that brought together 14 researchers from around the world to share what is known about preventing alcohol use in pregnancy and supporting women's health.
- The series includes:
 - Destigmatizing Considerations
 - Frameworks for FASD Prevention
 - Level 1: Raising Awareness and Community Development Work
 - Level 2: Brief Intervention and Support
 - Level 3 & 4: Holistic Support During Pregnancy and Postpartum

8. Next meeting date: AGM, Friday September 9, 2022, 9:00 am at the Edmonton Zoo (Otter Room)

9. Additions:

- Discussion on justice and assessment being listed as a probation condition.
 - Lisa to follow up with CMC Sol Gen/Justice member and provincial judge contacts.
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