



**Date:** Tuesday, December 6, 2022

## Meeting Minutes

### 1. Welcome and introductions

- In attendance: Sophia, Nola, Lisa, Tracey, Tanya, Sadie, Bernie, Carleigh, Diane, Miranda, Lynne, Leona, Raelee, Roxanna, Sherry, Amanda
- Approval of November meeting minutes – Diane, seconded Sophia.
- All meeting minutes can be found on the blog, under ‘who are we’ and ‘come and join us’: <https://edmontonfetalalcoholnetwork.org/about/come-and-join-us/meeting-minutes/>
- Password is EFAN
- Will not be posting, but will email out to the membership list.

### 2. Reporting

- ORS is due no later than Friday, January 6, 2023.
- Narrative reports are due Friday, January 13, 2023.
- Bi-annual was completed November 16, 2022, information seeking.
- Confirmed with the GoA that we are expecting no unspent funding this fiscal year.
- Business plan was to be due December 19, 2022, but the new template has not been sent out and the date has been extended to sometime in January.
- FASD Provincial Network meeting:
  - Held November 23, 2022.
  - Network business plan, including schedule A and B templates, have changed.
  - Requested to complete a Porter 5 forces analysis by Feb/March 2023.
    - Porter Five Forces is a model that identifies and analyzes five competitive forces that shape industry and helps determine an industry’s weaknesses and strengths.
    - The model is applied to segments of the economy to understand the level of competition within the industry and enhance a company’s long-term profitability.
    - Porter’s 5 forces are: competition in the industry, potential of new entrants into the industry, power of suppliers, power of customers, threat of substitute products.
    - Motion (Lisa) to contract an individual, inclusive \$2,000, to complete the analysis, seconded (Bernie), motion carried.
  - CMC has hired Nancy Zuck and Denise Milne to complete stakeholder consultations that will the inform the CMC strategic and operational plan (December 9<sup>th</sup> a 1:00 pm).



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- **Action: Lisa will email out funded service providers asking for the # of FTEs their specific funding supports.**

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### 3. Finances

- \$882 for EFAN/Prevention Conversation business subscription and domain.
- Upcoming expenditures include \$199 for WordPress Forms yearly subscription (December 9) and \$150 yearly Canva subscription (December 20).

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### 4. FASD Day & AGM 2023

- Want to promote the 'red shoes' throughout the year and the 'ask me about'.
- Reminder, we have buttons, key chains and stickers to distribute, email Lisa.
- Campaign: what I want people to know about me, what I want people to know about my FASD (See Us).
- **Action: Members to ask individuals and caregivers impacted by FASD 'What I want people to know about me' and 'What I want people to know about my FASD'. Forward responses to Lisa.**
- Include individual/caregiver, age of individual (no real names or images will be used).
- AGM will be held on September 12, 2023.
- AGM: training or team building? Suggestions: addictions, mental health strategies, drug interactions.

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### 5. 'Prevention Conversation' project

- April 1 – September 30, 2022
- 20 community development events reaching a total of 522 persons.
- 28 formal training events (15% of provincial total) reaching 392 persons (16% of provincial total).
- 254 professionals (23% of provincial total), 102 post-secondary (66% of provincial total), 9 youth (1.25% of provincial total), 27 general public (5% of provincial total).
- 82% Foundations of FASD, 61% Let's Talk (adult), 21% Let' Get Real (youth).

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### 6. 'WRaP 2.0 FASD Coaching Partnership' project

- 2 day training with the Prevention Conversation project is December 7 and 8.
- Network specific letters of agreement for the Feb 1, 2023 – January 31, 2024 have been emailed.
- Annual report Feb 1, 2022 – January 31, 2023 has begun.

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### 7. New Research/Resources

- CanFASD webinar: FASD and Sexuality
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- This webinar recording provides an overview of sexuality and fetal alcohol spectrum disorder while giving a summary of relevant literature and identifying gaps for future research. The focus is on the importance of teaching sexual health to individuals with FASD.
- <https://edmontonfetalalcoholnetwork.org/2022/11/18/fasd-and-sexuality-the-importance-of-sexual-health/>
- CanFASD webinar: Substance Use Treatment in FASD Populations
  - This webinar recording provides an overview of the Substance Use and Addictions in FASD Populations study, detailing the results and outcome of the project. An introduction into the youth centred part of the study will also be provided. It is a recording of a presentation from November 18, 2022 with presenters Dr. Aamena Kapasi and Elizabeth Carlson, hosted by Capri Rasmussen.
  - <https://wordpress.com/post/preventionconversation.org/11763>
- Research: Developing an FASD Health Promotion Social Media Campaign Using Community-Based Participatory Peer Review: Notes From Atlantic Canada
  - <https://wordpress.com/post/preventionconversation.org/11778>
  - Introduction: health promotion awareness activities by health agencies, such as those by the Public Health Agency of Canada, aim to increase health literacy, often using social media campaigns to reach large audiences.
  - Objectives: the objective of the research was to explore how community peer-reviewed social media content can facilitate the reach of health promotion campaigns, with specific regard to awareness around FASD, alcohol, and pregnancy in Atlantic Canada.
  - 16 digital posters, delivering evidence-based and non-stigmatizing messaging about alcohol, pregnancy and FASD.
  - Discussion: the inclusion of diverse voices from the FASD community in the co-creation of the content resulted in the style, messaging, and language more accurately reflecting the intended audience (18 – 65) and content being more accessible to a wider demographic, thus strengthening awareness and prevention messages.
  - Take away: create more safe spaces that promote open conversations about health and gradually dismantle outdated ideas and systems.

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### 8. Additions:

- Parents and caregivers are planning a conference in Edmonton, September 8 and 9.
  - Will discuss the details at January 2023 meeting.
  - Reminder: EFAM does not accept unsolicited proposals for funding.
  - North West Partnership is planning an FASD conference fall 2023.
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**9. Next Meeting: January 3, 2023 (virtual)**

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