



Date: Tuesday, February 7, 2023

Meeting Minutes

In attendance: Lisa, Sadie, Carleigh, Carol, Deepani, Giz, Meghan, Laurence, Leona, Lynne, Miranda, Nola, Diane, Roxanna, Sherry, Sheetal, Sophia, Tanya, Tracey, Jennifer, Robbie

Approval of January 2023 meeting minutes: Sophia, Tanya (seconded)

1. **Guests:** Jennifer Stewart and Robbie Seale

- April 18, 2023 film screening; Learning to Dance
<https://www.youtube.com/watch?v=cVtCA8Nlc7Q&t=67s>
- Jennifer will forward event poster for distribution.
- FASD Family Life podcast
- September FASD day events
- Follow-up April/May

2. **Reporting**

- Quarter 4: January 1, 2023 – March 31, 2023.
- ORS: submit no later than 9:00 am, Friday, April 7, 2023.
- Narrative: submit no later than Friday, April 14, 2023.
- Unaudited schedule Bs are due no later than 9:00 am, Friday, April 28, 2023.
- Audited reports are due June 30, 2023.
- Year-end EFAN report due June 30, 2023.
- Year-end WRaP report due March 31, 2023 (Feb 1, 2022 – Jan 31, 2023)

3. **Finances**

- Invoices paid for brochure design (Sandfly \$89.25), printing (Sandfly \$673.45), and Canva yearly subscription (\$149.99).
- Upcoming expenditures: cost of in-person meeting with provincial FASD Networks in Edmonton (March 2023)

4. **April 1, 2023 – March 31, 2024**

- Grant Application: March 1, 2023 – March 31, 2026 (37 months), submitted.
- April 1, 2023 – March 31, 2024 Letters of Agreement currently being developed.
- Discussion: Funded agency provide invoice to EFAN with four payment dates, audit requirements remain the same.



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- Addition to all LOAs: *Standardized client surveys (Network provided) evaluate client outcomes, effectiveness of interventions, identify best practices, and inform improvements.*
- <https://edmontonfetalalcoholnetwork.org/about/through-the-years/2023-2024/network-evaluation/>
- Membership & Confidentiality 2023 have been uploaded in the 'Who are we' section.
- Please complete by April 1, 2023.
- <https://edmontonfetalalcoholnetwork.org/about/through-the-years/2023-2024/network-membership-2023/>
- <https://edmontonfetalalcoholnetwork.org/about/through-the-years/2023-2024/confidentiality-certification/>

5. 'Prevention Conversation' Project - NA

6. 'WRaP 2.0 FASD Coaching Partnership' Project

- Year end was January 31, 2023.
- Project surveys have been updated for year 3.
- Project funding deposited February 7, 2023.
- Contractor cheques have gone out and Network funding is currently being distributed.

7. FASD Day/AGM

- The High Level Bridge will be lit with red lights on September 9, 2023.
- #FASDday and #redshoesrock

- New Research/Resources

Service Navigation for Individuals with Neurodevelopmental Disabilities: Towards Accessible, Efficient, and Sustainable Navigation Network

- Continuing partnership with Project Director, David Nicholas, University of Calgary.
 - Aims: to address the deep service access challenges, the Partnership Grant will engage key stakeholders to advance an inclusive NDD navigation system via linked community partners.
 - Specifically: 1) deepen partnerships and integration of province-wide navigation approach, 2) to refine the approach for integrated navigation support to ensure relevance and application for individuals with NDD across the lifespan in rural and remote communities and among marginalized communities (Indigenous,
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newcomer), 3) to evaluate emerging navigation support initiative, 4) to optimize uptake in other provinces/territories.

Canada's Guidance on Alcohol and Health: Final Report

- Aim and approach: Canada's Guidance on Alcohol and Health intended to replace Canada's Low-Risk Alcohol Drinking Guidelines. It provides accurate and current information about the risks and harms associated with the use of alcohol. The guidance should help people make well-informed and responsible decisions about their alcohol consumption.
- The guidance is based on the principle of autonomy in harm reduction and a fundamental idea behind it is that people living in Canada have a right to know.
- The concept of standard drink is central to understanding the Guidelines on Alcohol and Health. To adhere to the guidance and reduce the risk of negative consequences due to alcohol, consumers need consistent, easy-to-use information when serving alcohol to accurately track and monitor their drinking.
- In Canada, a standard drink is 17.05 ml or 13.45 grams of pure alcohol, which is equivalent to:
 - ⇒ A bottle of beer (12 oz., 341 ml, 5% alcohol)
 - ⇒ A bottle of cider (12 oz., 341 ml, 5% alcohol)
 - ⇒ A glass of wine (5 oz., 142 ml, 12% alcohol)
 - ⇒ A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)
- What is the risk? The risk for those who consume 2 standard drinks or less per week is low, it is moderate for those who consume between 3 and 6 standard drinks per week, and it is increasingly high for those who consume above 6 standard drinks per week, with increasing risk conferred by every additional drink.
- Binge drinking, usually defined as consuming five or more standard drinks in one setting for men, or four or more standard drinks in one setting for women, is a pattern of consumption that results in legal impairment for most people. It is a well-established risk factor for death from any cause, including unintentional injuries, violence, heart disease and high blood pressure, and inflammation of the gastrointestinal system, and for developing an alcohol use disorder (i.e., alcohol dependence).
- Basically, the more you drink, the higher your risk. For your health, less is better.
- Risk when pregnant, trying to get pregnant, or breastfeeding: Alcohol is a teratogen or agent that can cause malformation of the fetus. It can lead to learning, health and social effects with lifelong impacts on the fetus as well as brain injury, birth defects, behavioural problems, learning disabilities and other health problems typically referred to as fetal alcohol spectrum disorder (FASD). These adverse effects are also observed at low levels of exposure or short-term exposure to high



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- levels of consumption. For this reason, when pregnant or trying to get pregnant, there is no known safe amount of alcohol use. Reproductive health is compromised by alcohol use. Possible impacts of alcohol on pregnancy and delivery outcomes include increases in miscarriage, hypertensive disorders of pregnancy and placental abnormalities.
- Alcohol consumption can also negatively impact breastfeeding by causing a decrease in milk production, early cessation of breastfeeding and effects on infant sleep patterns. Moreover, alcohol enters breast milk through passive diffusion meaning that breastfeeding infants, who are less able to metabolize alcohol, can be exposed to it. Therefore, when breastfeeding, no alcohol use is safest for the baby. Consuming a standard drink on occasion can be okay, as long as it is planned. It takes about two hours for the alcohol contained in a standard drink to be eliminated from the body and leave the breastmilk.
 - Risk for women: The physiological differences between females and males at low levels of alcohol use have only a small impact on lifetime risk of death. However, it is unequivocal that above the upper limit of the moderate risk zone for alcohol consumption (above 6 standard drinks per week), the health risks increase more steeply for females than for males. Enzymes, genes, lean body weight and size, organ function and metabolism are important in processing alcohol and are affected by sex-related factors. These biological factors enhance the impact of alcohol on females, causing higher blood alcohol levels, faster intoxication, more risk for disease, including breast cancer, and more long-term harm, such as liver damage and injury.
 - <https://preventionconversation.org/canadas-guidance-on-alcohol-and-health/>
 - ***Mental Health First Aid***
 - With the risk of suicide associated to those with FASD, it has been suggested that frontline staff take mental health first aid.
 - <https://edmonton.cmha.ca/brochure/mental-health-first-aid/>
 - Available through the Canadian Mental Health Association (Edmonton)
 - \$220 per person (virtual)

8. Standing Action:

- **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**

9. Next Meeting: March 7, 2023 (virtual)



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- April and onward to be in-person (until winter months), cost effective meeting space with good parking?