



**Date:** Tuesday, February 6, 2024 9:00 am – 11:00 am

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## Meeting Minutes

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### 1. In Attendance & Welcome: You've decided to have a selfcare night, what are you doing?

Lisa, Brittany, Barb, Tsion, Diane, Denise, Nola, Roxanna, Moira, Carol, Amanda, Kit, Miranda, Leona, Lynne, Sadie, Robbie, Emily

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### 2. Action Follow Up – December

- Action: Sadie and Brittany are going to look at the availability of their large training rooms for the gathering within the 3rd, 4th and 5th week of January and will email Lisa
- Action: Lisa will create and forward to Brittany the 'come and join the Network' correspondence

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### 3. Introduction of EFAN Co-Chairs

- Sophia Mejia (Bissell Centre) and Brittany Durant (Catholic Social Services)

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### 4. Reporting

- Excellent Q3 ORS
- Quarter 4: January 1, 2024 – March 31, 2024
- ORS is due no later than 9:00 am on Friday, April 5, 2024
- Narrative reports are due Friday, April 12, 2024.
- Unaudited schedule B are due Tuesday, April 30, 2024.
- Audited Financial Statements are due June 30, 2024.
- Currently drafting the upcoming Letters of Agreement for Agencies and these will be emailed out prior to the end of February.

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### 5. Finances

- No expenditures
- \$2,349.16 remaining in 'Network Development'.
- Swag ideas? T-Shirt (redbubble)

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### 6. Health Outcomes Fund Applications

- Unlimited Potential (15 – 20 individuals)  
Telus Science Center 36.50/person  
730.00 Total
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Mayfield Dinner Theater \$105.00/person

\$2,100.00 Total

Rec Room \$50.00/person

\$1000 Total

Total Group Activity \$3900.00

**Motion (Lisa) to approve the funding allocation., seconded (Robbie), passed.**

- Bissell Centre: Hope Terrace

Funding to hire a clinical counselor to support the 34 residents with FASD at Hope Terrace. The counselor will be provided with an office and hold once-weekly office hours for residents to receive in-house mental health counseling services when readiness and need arise. We are seeking this grant to cover the professional fees associated with hiring the clinician. This is a total of \$225 per week for 22 weeks. \$4950

**Motion (Lisa) to approve the funding allocation, seconded (Robbie), passed.**

- CSS, Step By Step (15 individuals)

The Step By Step / First Steps program is hoping to provide a teaching opportunity, where 15 participants will cook a meal together to be enjoyed as a group, after also preparing slow cooker freezer meals for later use.

4 QT crock pot : \$36.73 ( GST included) x 15 participants: \$550.95

Slow Cooker Cookbook: \$17.84 (GST included) x 15 participants: \$267.60

Hall Rental: \$250.00 for the day.

Ingredients for 3 freezer meals: \$45.00 x 15 participants: \$675.00

Ingredients for 1 meal to be shared together (15 participants and staff): \$360.00

Incidentals (spices/ freezer bags): \$150.00

Total: \$ 2,500

**Motion (Lisa) to approve the funding allocation, seconded (Tsion), passed.**

- CSS, Coaching Families (30 caregivers, retreat)

The Coaching Families program is looking to provide a Caregiver Retreat for 30 caregivers for a 3 hour period. We are going to open up the event to our current open files first than to those families who attend support group regularly. We are planning to do multiple activities including meal prepping 3 freezer meals, paint activity, self care focus packages and chair massages. We are also going to provide the participants with a cold lunch.

Venue - \$140

Food & Drinks - \$300

Self Care packages - \$295.26

Paint Activity – \$912.24

Freezer Meals – \$2677.50

Massage – \$600

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Miscellaneous supplies (table clothes, napkins, culterly etc) - \$75  
Total: \$ 5000

Motion (Lisa) to approve the funding allocation, seconded (Carol), passed.

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### 7. FASD Frontline Collective

- April 23, July 23, October 22
  - Locations? April 23, 2024 9am at Unlimited Potential
  - Theme for next? Getting to know one another, Healthy Outcomes V2 (Where can we improve, what are we doing well?)
  - Action: Lisa will create an online event registration form.
  - Questions for attendees:
    - How can we foster collaboration in the FASD Frontline Collective for a more inclusive approach to community development?
    - How can technology enhance communication and knowledge-sharing among FASD community members, considering diverse preferences?
    - What innovative strategies will make our next gathering more impactful, leaving participants with practical insights and actionable steps?
    - How can we strengthen partnerships with stakeholders to amplify the collective impact of our efforts in addressing FASD?
    - What specific areas of information or resources would the FASD Frontline Collective like increase access to?
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### 8. Lakeland Centre for FASD: Conference

- 'FASD Beyond the Spectrum'
  - Evening (registration, panel discussion, networking event) and a full-day.
  - Tuesday Oct 22, Wednesday Oct 23<sup>rd</sup> will be full day.
  - Each session will have 4 selectins.
  - Radisson Hotel
  - Call for abstracts will be published soon: best practices, lived experiences, wellness
  - Cost early bird \$300, \$325, \$300 for booth
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### 9. In Focus: Crisis Intervention and Housing Models: Discussion

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### 10. 'Prevention Conversation' Project – Brittany

- Please reach out to Brittany is requiring PD in FASD foundations/prevention.
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### 11. 'WRaP 2.0 FASD Coaching Partnership' Project

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- All FASD Network Letters of Agreement for the Feb 1, 2024 – Jan 31, 2025 have been signed and returned.
- Working on Feb 1, 2023 – Jan 31, 2024 yearend report.
- Year 4 of the 5 year project has begun.

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### **New Research & Resources**

- Towards Healthy Outcomes 2.0
- Person centered, strength-based approach, geared toward goal attainment and growth.
- Facilitate intervention planning across the lifespan.
- Restructured framework to include 10 domains (from 12)
- Combined 'family cohesion' and 'attachment' = *Attachment and relationship* domain
- This new domain highlights the value of early attachment experiences alongside familial and support stability and relationships across the lifespan.
- The new *Interdependence* domain is a combination of the original Adaptive Functioning and Community Engagement domains. The concept of **interdependence** was introduced to us through work with community members, including individuals with FASD and caregivers, and refers to finding the balance between support and autonomy with individuals. It exists along a spectrum and fluctuates across the lifespan.
- Each domain is now broken into three sections, which we hope will increase the practicality of the content and enable individuals with living experiences to:

**Learn** about essential developmental domains and their contributions to lifelong functioning.

**Understand** how development may be uniquely impacted for individuals with FASD.

**Enact** FASD-informed approaches to intervention and support based on current FASD resources and research evidence.

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## 10. Upcoming Meetings: March 5, 2024

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