



Date: Tuesday, April 7, 2026

Agenda

- 1. In Attendance:** Lisa, Denise, Meagan, Sarah, Carmen, Dr. Thakker, Andres, Mariam, Mehrnaaz, Amanda, Bernie, Raelee, Jaiden, Tracey, Sadie, Brittany, Meghan
Regrets: Sohpia, Ann, Alaina

2. Action Follow Up – March 2026

- **Action: Members to finish reading for April's meeting.**
- **Action: Network members please contact Brittany to book 1.5 hour presentation for staff on the new module.**
- **Action: 200 water bottles for Bissell walk, 50 water bottles Leduc County (Lisa will bring to April's meeting)**

3. EFAN Business Priorities:

- *Reporting*
 - Quarter 4: ORS due Friday, April 3, 2026.
 - Quarter 4: narrative report due Friday, April 10, 2026
 - Yearend unaudited schedule B due April 30, 2026
 - Audited financial reports due June 30, 2026
 - Reminder: narrative reporting requirements have changes, please review <https://edmontonfetalalcoholnetwork.org/reporting-2026/>
 - *Finances*
 - Upcoming expenditures include SurveyMonkey, EFAN Insurance, Zoom, Wordpress blog subscriptions.
 - Motion (Lisa), to approve the upcoming expenditure, seconded, carried.
 - *FASD Service Network Program*
 - EFAN year-end annual report was submitted March 23, 2026.
 - Networks' will revise with ORS data when they are released.
 - FASD Service Network meeting, April 15, 2026
 - *EFAN Adult Clinical Services*
 - <https://edmontonfetalalcoholnetwork.org/about/2026-2027/adult-assessment/>
 - Assessment and diagnosis section on EFAN blog has been updated.
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- If individuals have supports through other agencies/programs, clinic will accept referrals at their discretion, for example TAP.

4. Book Club

- *Raising Kids and teens with FASD, by Barb Clark*
 - What ideas in the book helped you better understand how FASD shows up across everyday life—not just in childhood or school, but in families, communities, and systems?
 - Where did the book challenge or reinforce how you think about expectations, responsibility, or support for individuals with FASD and those around them?
 - What is one takeaway from the book that could influence how you approach your role?

5. 'Provincial FASD Initiatives:

- *Prevention Conversation*
 - Facilitators received training in the new healthy outcomes module.
 - Foundations module has been updated to match the updated version of the WRaP 2.0.
 - **Actions: Agencies/Programs, please connect with Brittany to book training session on updated foundations/healthy outcomes (June onward).**
- *WRaP 2.0*
 - No communications with the Ministry of Education.
 - As of today, June 30, 2026 end date.
 - **Action: Lisa will send a communication to GOA partners about beginning the EFAN exit strategy/key messages to ensure direction is correct.**

6. AGM, FASD Day & Lakeland Conference

- AGM: Tuesday, September 1, 2026, 10am start.
- FASD Day: Wednesday, September 9, 2026, walk with Bissell Centre & Unlimited Potential in downtown Edmonton.
- **Action: Lisa will develop and send in proclamation request for September 9th.**
- Follow up: Mayor invite?
- Lakeland conference: November 3 & 4th, Mayfield Double Tree, Edmonton

7. New Research/Resources



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- Cannabinoid exposure during pregnancy: Cardiorespiratory effects and offspring outcomes <https://preventionconversation.org/2026/04/06/cannabinoid-exposure-during-pregnancy-cardiorespiratory-effects-and-offspring-outcomes/>
 - Key Takeaways for EFAN Members
 - Early exposure can shape lifelong regulation systems:** Prenatal cannabinoid exposure doesn't just affect one area-it can influence how multiple systems (brain, breathing, heart) develop and function over time, shaping long-term health trajectories.
 - Breathing and heart regulation are underexplored-but important:** Most research has focused on brain and behaviour, but this review highlights growing evidence that breathing and cardiovascular systems are also affected, with potential lifelong implications.
 - Effects can be subtle but still significant:** Even when structural development appears to recover over time, functional differences-like how the body responds to oxygen or carbon dioxide-can persist into adulthood.
 - Sex differences matter:** Outcomes are not the same for everyone. Males and females may respond differently to prenatal exposure, including differences in breathing patterns, brain function, and long-term regulation.
 - The timing of exposure is critical:** Exposure during key developmental windows can interfere with how systems are "wired," especially in the brain and autonomic nervous system, which controls things like breathing and heart rate.
 - The endocannabinoid system plays a central role in development:** Because this system is naturally involved in guiding fetal development, introducing external cannabinoids can disrupt those processes and lead to long-term changes.
 - Changes may be driven by deeper biological mechanisms:** The research suggests that long-term effects may be linked to changes at the molecular, synaptic, or even epigenetic level-meaning the impacts can be embedded in how systems function over time.
 - Respiratory control may be particularly vulnerable:** Findings show disruptions in how breathing is regulated (including rhythm and response to stressors), suggesting that early exposure can affect core survival systems.
 - Cardiovascular development may also be affected-but is understudied:** There is emerging evidence that prenatal exposure may impact heart development and autonomic regulation, but this area needs much more research.
 - There are significant gaps in knowledge:** The review emphasizes that we still don't fully understand dose, timing, long-term outcomes, or differences between substances. More research is needed to guide clear recommendations and interventions.
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8. Next Meeting:

- Tuesday May 5, 2026 9:00 am (Catholic Social Services office)
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