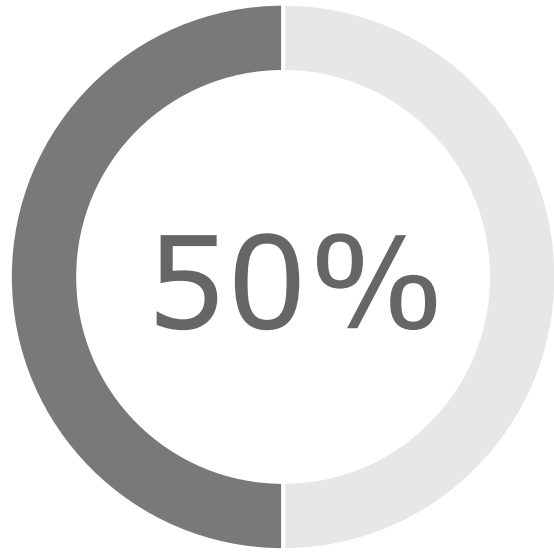


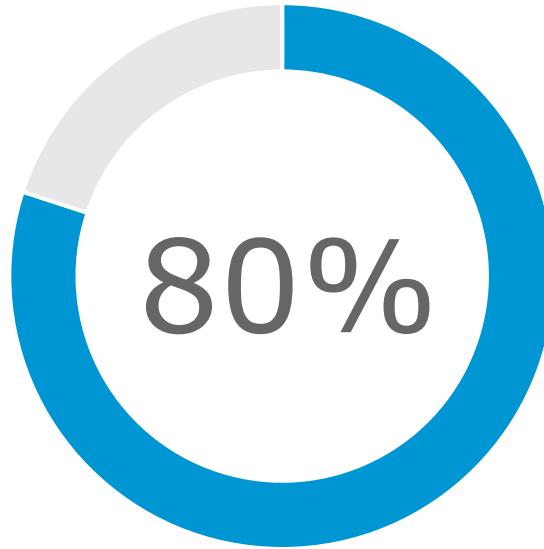
The graphic features the text "Community FASD Training" in a dark grey, sans-serif font. The word "FASD" is significantly larger and bolder than the other words. To the right of "FASD" is a blue logo consisting of two stylized, overlapping heart shapes. The entire text and logo are overlaid on a semi-transparent white rectangular area. The background of the image is a scenic view of a city skyline across a river, with a large steel truss bridge in the foreground. A white ferry boat is visible on the river, and a green park with people walking and cycling is in the lower foreground.

# Community **FASD** Training

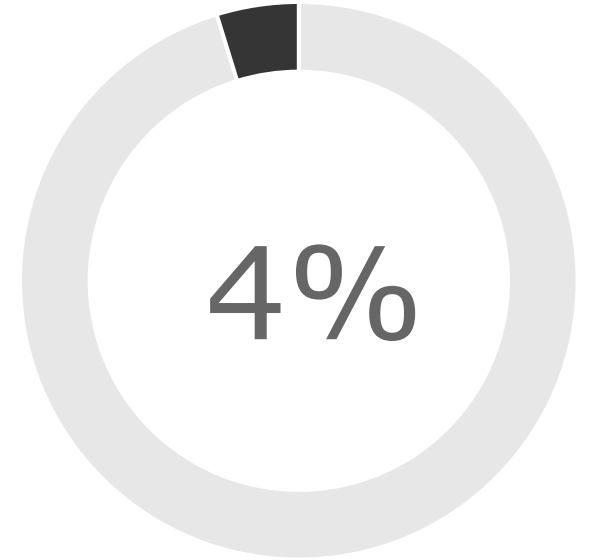
# How Common is FASD?



of pregnancies in  
Canada are unplanned



of Canadians  
consume alcohol



of the population is  
affected by FASD

# How Common is FASD?



**FASD film**

On September 9<sup>th</sup>, for FASD Awareness Day, we asked the public what they knew about the disability



# Why Do Pregnant Women Drink?

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We must understand that women may:

- Have addictions
- Be in unsupportive or abusive relationships
- Not know they're pregnant
- Be told it's alright to drink
- Have mental health issues or trauma
- Have FASD themselves

No one drinks to harm their baby on purpose

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# What is FASD?

FASD is a disability  
caused by drinking  
alcohol during  
pregnancy

In 2015, the  
diagnostic guidelines  
were changed



# New Diagnostic Criteria

## FASD with sentinel Facial Findings (FAS, pFAS)

- Prenatal exposure to alcohol confirmed
- 3 facial features
- 3 domains of impairment

## FASD without sentinel Facial Findings (ARND)

- Prenatal exposure to alcohol confirmed
- No facial features required
- 3 domains of impairment

## At Risk for Neurodevelopmental disorder and FASD

- Prenatal exposure to alcohol confirmed
- OR must have all 3 facial features
- Clinical concern about development

Goal in changing guidelines:

To improve diagnostic criteria and capacity for FASD  
based on emergent evidence and current practice





# Former Diagnoses

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Fetal Alcohol  
Syndrome  
(FAS)

Partial Fetal  
Alcohol Syndrome  
(pFAS)

Alcohol Related  
Neurodevelopmental  
Disorder  
(ARND)

# Primary Disabilities

Primary Disabilities refer to characteristics that are directly caused by prenatal alcohol exposure

- Physical
- Cognitive
- Behavioural
- Sensory





# Physical Disabilities

- Delayed motor development
- Problems with fine and gross motor control
- Poor balance
- Lower height or weight
- Auditory impairments
- Poorly developed body systems

# Cognitive Disabilities

- Difficulty with memory
- Confabulation
- Slower processing
- Short attention span
- Impaired executive functioning
- Difficulty setting and reaching goals
- Problems generalizing
- Problems connecting cause and effect
- Poor receptive language skills
- Trouble with abstract concepts
- May have lower IQ

# Behavioural Disabilities

Behavioural Disabilities include an assortment of actions, reaction, voluntary and involuntary activities

Inaccurate  
Processing



Disordered  
Behavioural  
Responses



# Behavioural Disabilities

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- Dysmaturity
- Problems with social skills
- Trouble with social cues
- Impulsive actions
- Mood swings
- Lack of inhibitions
- Perseveration
- Reacts poorly to changes in routine
- Poor understanding of ownership
- Hard time regulating emotions
- Vulnerable to peer pressure
- Easily overwhelmed
- Unrealistic expectations

# Sensory Disabilities

Everyday we are bombarded with sensory information

- Sensory Processing – receiving and interpreting this information
- Sensory Integration – when all the senses work together

Sensory impairment can result in over or under sensitive:

Taste

Smell

Touch

Hearing

Sight

Proprioception

Vestibular Input

# Secondary Challenges

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- Mental health issues
- Addictions
- Justice Issues
- Education and employment
- Housing and exposure to violence
- Relationship and friendship issues
- Sexuality
- Parenting with FASD





# Reframing Perspectives

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## From Won't

## To Can't

Annoying

Frustrated, challenged

Lazy

Tired of failing

Liar

Filling in the blanks

Fussy

Oversensitive

Acting younger

Being younger

Attention seeker

Needs contact/support

Inappropriate

Displays behaviours of a  
younger child

A woman with long, dark brown hair is shown from the chest up, looking off to her right. She is wearing a dark grey cardigan over a light blue and white striped shirt. She has a yellow, twisted cord earring in her left ear. The background is a blurred outdoor setting with a dark window frame on the left and a light-colored wall on the right.

**Person First Language**  
see past the label

A child wearing a red hooded sweatshirt and a grey and blue striped long-sleeved shirt is sitting on a blue metal playground spinner. The child is seen from the side, looking towards the right. The background shows a sandy playground area with several vertical metal poles and a paved path. The title "The FASD Network" is overlaid in white text with a blue underline.

# The FASD Network

## Services for you:

- Toll Free Support Line (1-866-673-3276)
  - Call in for any questions or concerns you may have
- Events, conferences, and workshops
- Resources for you and your family
  - Online at [saskfasdnetwork.ca](http://saskfasdnetwork.ca) or in print



A woman with blonde hair in a ponytail, wearing a blue short-sleeved top and dark jeans, stands by a large window. She is looking down at a red smartphone in her hands. The window shows a view of green trees outside.

# Support Services

The program provides:

- Case management
- Peer support
- Employment services
- Strategies
- Justice system navigation
- Referrals to community programs
- And more

For support call:  
1-866-673-3276

# Saskatchewan Mentors

- Mentorship can have a profound impact on a person with a cognitive disability
- It is a part-time commitment with its own special rewards
- As a mentor you will make a difference in the life of an individual



[www.saskmentors.com](http://www.saskmentors.com)

# Thank You

FASD Network  
of Saskatchewan



@SaskFASDNetwork

saskfasdnetwork.ca



FASDNetwork