

*Celebrating*



*Years*

**2018**

ANNUAL REPORT



**Foothills Fetal Alcohol Society**

## Staff Members

### **Danna Ormstrup**

Executive Director  
403-312-8140

### **Pam Henheffer**

Program Manager  
403-652-0985

### **Kathy Lambourn**

FASD Strategist  
403-601-3561

### **Pam Groeneveld**

FASD Family Support Worker  
403-601-0862

### **Tannis Zebedee**

FASD Support Worker  
403-336-0157

### **Tracy Cuffe**

Prevention & Awareness Facilitator  
587-222-0788

### **Christy Kneiss**

Detours Program Developer  
Adult Support  
403-589-7620

### **Alaine Kowal**

Administrative and Communications Coordinator  
403-422-1180

### **Kayleen Hughes**

Admin Support

### **Carol Lyall**

Lorac Management  
Financial Support  
403-889-9819

## Board Members

Karen Love, President

Janice Farr Jones—Vice President

Jim Jordan, Treasurer

Haydn Schofield—Director

Candace Denison—Director

Pam Baudistel—Director

Rochelle Adcock—Director

## Banking

Community Savings

Alberta Treasury Branch

## Legal

Society #: 509791075

Registered Charity #: 85997 3513

## Contact Information

Foothills Fetal Alcohol Society

Box 5146

101, 520 Macleod Trail SW

High River, AB T1V 1M3

T: 403-652-4776 F: 403-652-1225

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

*Thank  
you*



# VISION, MISSION, VALUES...

Vision: Response today for a world without FASD tomorrow.

Mission: To enhance capacity for the prevention of FASD and for the provision of care and support to rural communities.

Values: We are committed to integrity, honesty, trust, and respect for all.

We are committed to sustainable future.

We are committed to responding to the unique needs of the rural community.

We are committed to continuous learning.

We are committed to inclusiveness.

**What is FASD?** Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term describing the range of effects that occur in an individual whose mother drank alcohol during pregnancy. Mothers do not drink alcohol to hurt their babies, but alcohol can have effects on the baby's development. These effects may include physical, mental, behavioral, and/or learning disabilities with the possible lifelong implications. An individual would not receive a diagnosis of FASD. Diagnoses like FAS, partial FAS, and ARND fall under the umbrella of FASD.

**How do you get FASD?** When a woman is pregnant, everything she eats and drinks goes to the baby. Alcohol crosses easily into the baby's body from the mom. When alcohol is in the baby's system, the baby gets less oxygen and fewer nutrients. Oxygen and nutrients are important for the baby's brain and for the baby to grow. Alcohol can damage the baby's brain and growth. Alcohol is a teratogen.

**How many people have FASD?** FASD is found anywhere people drink alcohol. It is found right here in our communities and throughout the world. Approximately 48,000 Albertans are living with FASD and each year, this is a cost of 1.14 billion dollars per year in Alberta. Getting the message out about what FASD is, how it can be prevented and where to go for support is the important work of the Fetal Foothills Alcohol Society.



## FROM DANNA'S DESK

How is it possible that 20 years have passed since I was offered the job as the FAS/E Resource Coordinator for Rural South? I remember getting behind the wheel of my little white Neon with a portable file box filled with AADAC handouts, one book, and some posters, hoping that someone, somewhere between Claresholm and Banff would be willing to learn about the effects of prenatal exposure on a developing fetus.

20 years ago I walked into Public Health Units, School Division offices and Public Libraries with an agenda that included not only information sharing, but the ability to facilitate a workshop for community members, individual staff teams or any other professional group that had heard about the issues surrounding alcohol and pregnancy.

20 years ago I began talking with students about prevention. I chatted with groups of teens in schools, in youth groups and individually about how to be supportive of a message that "no alcohol in pregnancy is best".

20 years ago I started meeting parents who began to teach me about what it was like to live with someone with FAS/E.

20 years ago, the outlook for people with Fetal Alcohol Syndrome and Effects was bleak, the statistics depressing, the funding dismal and the resources minimal.

Thankfully, a group of dedicated professionals and parents were there to start the challenging process of developing a board who would begin the formation of a non-profit charity called the Region 3 FAS/E Partnership Association (changed to the Foothills Fetal Alcohol Society in 2004). They were passionate about being able to respond to all of the issues that were related to prenatal alcohol exposure and were confident in the ability of the two part time staff members (me and one other) to fulfill the vision we continue to have today:

"Response today for a world without FASD tomorrow".

The Mission statement has not changed and is our cornerstone:

"To enhance capacity for the prevention of FASD and for the provision of care and support of rural communities".

Fast forward to 2019...

We have a staff of 8 core members. We have a Diagnostic and Assessment team. We have a financial management company that assists with all financial matters pertaining to the Society. We have community members and

professionals who call on a regular basis to learn more about the complexities of prenatal alcohol exposure and the intricacies of the diagnostic term Fetal Alcohol Spectrum Disorder. We have satellite locations in Airdrie, Claresholm, Okotoks, and Strathmore. We have a group of volunteers that do a whole bunch of things from office help to peer support. We have a board of directors that give their time and talents to further the vision of a Society that is fiscally responsible, mission driven and locally significant.

The government made a commitment 14 years ago to a provincial strategic plan that allowed our agency to receive funding from the Calgary Fetal Alcohol Network to be present in rural communities surrounding Calgary with programs for caregivers, those affected by FASD, Prevention and Awareness projects, Assessment and Diagnosis clinics, an Addiction Transition program and a new initiative that trains professionals about the value of conversations with all pregnant women about alcohol use.

We receive funding from Children's Services to offer consultation and training for professionals who deal with people affected by FASD.

We are able to creatively respond to local communities with Prevention Initiatives funded by local Family and Community Support Services that stay current while always remembering to respond in ways that are respectful, relevant and culturally aware.

United Way funding has allowed us to reach out to pregnant women with a program that assists them have the best pregnancy possible with a harm reduction focus, recognizing that a pregnant woman needs a response that is compassionate, holistic and timely.

We are hopeful that both federal and provincial politicians will remain dedicated to funding for programs that deal effectively and hopefully with people affected by FASD, their caregivers and the professionals with whom they deal.

We encourage everyone to be ambassadors of the message "Alcohol and Pregnancy Don't Mix".

We continue to believe in the power of compassionate response to all of those affected by Fetal Alcohol Spectrum Disorder.

Thank you for the opportunity to be in your homes, your offices, your boardrooms and your community spaces. The privilege of being part of your lives is truly an honor.

*Danna*

- 
- Staff continue training in Trauma Informed Practice.

- We had practicum students from the University of Calgary as well as the Academy of Learning in the past year. Practicum students report a “great experience” with a well rounded education regarding the complex issues related to alcohol and pregnancy.

- 100 Women Who Care donated to the Detours office space so that we could keep these doors open for another year!

- Cannabis legalization has provided us an opportunity to be more aware and current in our understanding of the effects of use with all people, but especially during pregnancy.

*“I never had addiction issues but all the information has been helpful to understand the effects of alcohol/drugs and the importance of staying sober.”*

- The Board welcomed 4 new members who bring a tremendous amount of expertise and skill to our Society!

# THE YEAR IN #'S

## Assessment and Diagnosis

- 21 people inquired about the FFAS Assessment and Diagnosis Clinic, 14 of these began the process and 8 were completed.

## Adult Response

- 61 Adults received support , 9 were new to the program this year.

## Caregiver Response

- 74 Caregivers (13 new families) received support this past year. These included parents and caregivers of children, youth and adults.
- These Caregivers reside in 13 communities inclusive of: Vulcan (10%), High River (20%), Okotoks (16%), Turner Valley (4%), Strathmore (14%), Airdrie (15%), Nanton (4%), Canmore (5%), Cochrane (3%), Priddis (2%), Langdon (2%), Black Diamond (3%), and Claresholm (2%).
- Approx. 8% of the caregivers are grandparents, 4% are foster parents, 12% are bio parents, 58% are adoptive parents and 18% are caregivers of adults.

## FASD Rural Addiction Response Program

- 15 women received transition support and 16 professionals.

*“We now know how my brain works and why I react the way I do.”*

# PROGRAM MANAGER GREETINGS

*Each day holds a surprise, but only if we expect it can we see, hear or feel it when it comes to us. Let's not be afraid to receive each day's surprise, whether it comes to us a sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully*

*our shared humanity." (Henri Nouwen)*

On the sixth anniversary of an event that will forever be, a piece of who we are it is merely a piece, I reflect on all that needs to be celebrated. Our community has risen from the shallows to one of beauty, resilience, strength and adversity. Our agency has duplicated these along with tremendous growth and determination.

Over the past year, we have grown with new programs, new families, new adults, new board, and new staff. It has been a year of learning and growth. It is always exciting to have fresh ideas, renewed enthusiasm, new challenges but I celebrate that along with the new, we as an agency continue a moderm of stability and philosophy.

We work as a team to be able to provide support where and when needed no matter the request. I celebrate that we are able to try to meet our families and individuals' needs in the moment. We have a team of staff that work together and are flexible to shift their energy to get whatever task that needs attention done. Our staff are all capable of handling any task that comes along whether in a support role with caregivers and individuals, talking to women, talking with professionals or leaders in the prevention world.

I invite all to celebrate that we continue as a grass roots agency working diligently to support those that have FASD in their lives and make their journey just a little bit easier. We have provided support to approximately 74 caregivers and 61 individuals that have FASD or that were pre-exposed to alcohol in utero.

Our assessment and diagnosis team assessed 8 children and this year we had a team provide four adults with assessments.

Our addiction transition program worked with 15 individuals and 16 professionals to either have support or seek treatment.

We are excited to continue our work with pregnant women in our Preg Chat program soon to be Healthy Futures as we combine Preg Chat with Healthy Moms Healthy Babies.

Our prevention and awareness program continues to be out there in all of our communities and it always amazes me how the team I work with come up with unique ideas and find a way to launch them seamlessly.

We have enjoyed endless adventures in our Detours center. A warm and inviting environment welcomed many members of the community to share their story where they were safe and comfortable, their stories heard and their confidentiality respected.

Yes, it is definitely a year of celebration and I know I will be prepared, as the celebration winds down and the cake and treats are depleted, that there is a team of individuals with new ideas and passion just waiting in the shadows to burst upon the New Year. I cannot imagine what might be around the corner but I rest assured that it will be full of passion, events, love and emotion.

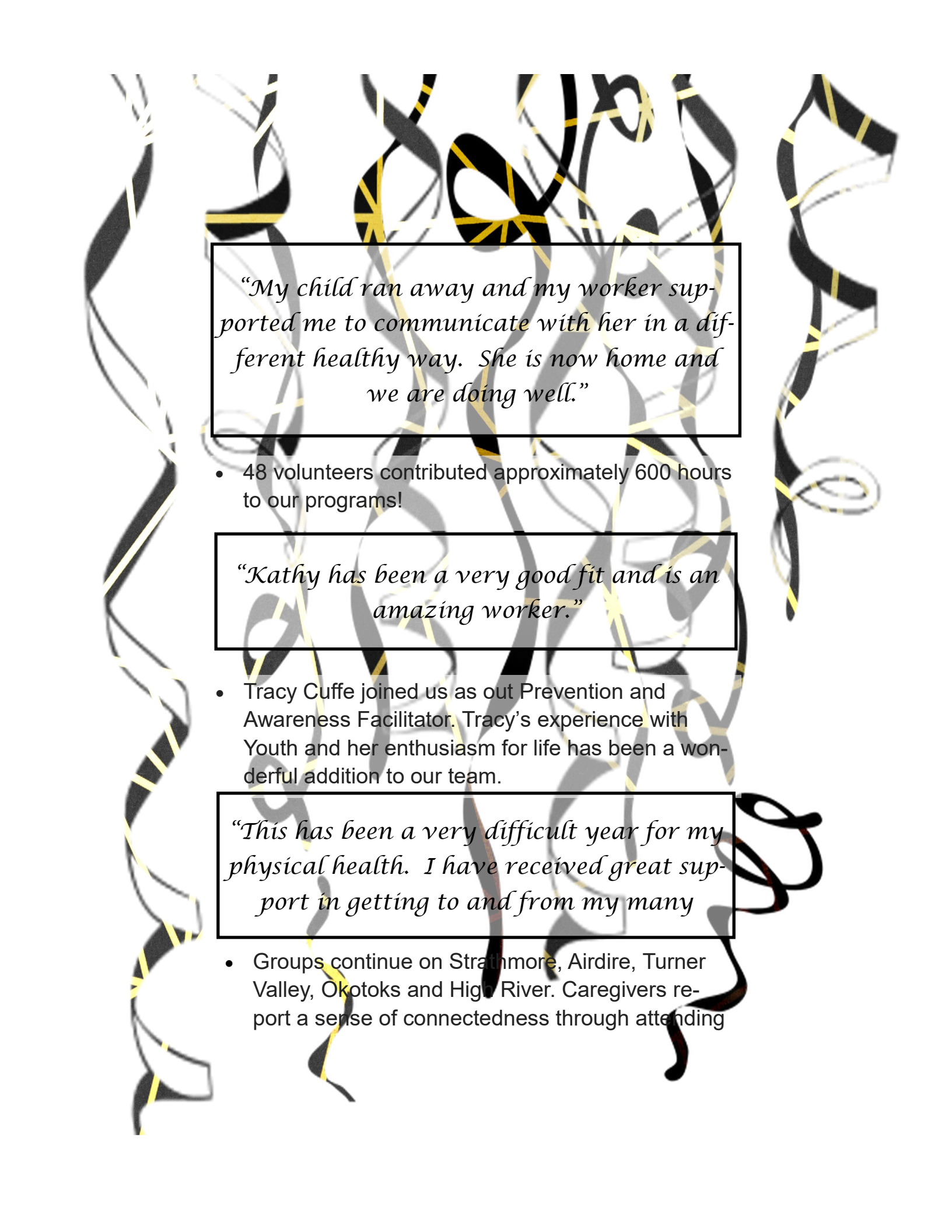
Happy Summer one and all

Pam Henheffer (Program Manager)

## PRESIDENTS REPORT

This past year, the FFAS has focused on ensuring it meets their mandate of increasing resilience and reducing harm through relational support. Building strong relationships with clients, families, the community and funders, is key to the work the team does every day. There has been an increased emphasis on delivery of both education and prevention programming, which often go hand in hand. Working within the area of FASD, still very much misunderstood and stigmatized, is a challenge but the FFAS team, under the leadership of Danna Ormstrup, face this challenge with expertise, passion and dedication. On behalf of the Board of Directors, I would like to commend FFAS for the work they do each and every day to work towards their vision to respond today for a world without FASD tomorrow.





*“My child ran away and my worker supported me to communicate with her in a different healthy way. She is now home and we are doing well.”*

- 48 volunteers contributed approximately 600 hours to our programs!


*“Kathy has been a very good fit and is an amazing worker.”*

- Tracy Cuffe joined us as our Prevention and Awareness Facilitator. Tracy’s experience with Youth and her enthusiasm for life has been a wonderful addition to our team.

*“This has been a very difficult year for my physical health. I have received great support in getting to and from my many*

- Groups continue on Strathmore, Airdire, Turner Valley, Okotoks and High River. Caregivers report a sense of connectedness through attending





*“My support worker Kathy is a rock star. She helps make my life a lot easier and is always there for me when I am having an off day.”*

- Approximately 650 youth and 2800 adults received information about FASD through school presentations and/or other workshops and handed out messages.
- Just before Christmas Jacqui Patterson moved to Vancouver Island to start a new journey in her life and we miss her compassionate nature and Scottish sense of humor. We are so very fortunate to have Tannis Zebedee join us to support the Intervention work we do! She brings a new passion, some wonderful insights and a bit of spunk to our team!!!

*“It has been very helpful to have a second set of ears and sounding board.”*

- The funding was received from the Calgary Fetal Alcohol Network to See 4 adults finish the Assessment and Diagnostic project with a new psychologist and MD!

## HAPPENING IN AND AROUND THE MD

### **High River**

In the Little Britches Parade, our volunteers and staff wore superhero outfits to celebrate the work we do and to promote the 2019 Comic Con. A dad and his two young kids joined us in the parade, walking the whole route for us because he believed in the importance of the message and the work of preventing alcohol use in pregnancy. This story is important as sometimes we are unable to capture impact of the "Large Evens!"

### **Okotoks**

The project involved a two-evening conversation with eight youth regarding alcohol and substance use and pregnancy. The youth involved made a commitment to be ambassadors of the message and two of them remained as volunteers for our Society going forward.

### **Black Diamond**

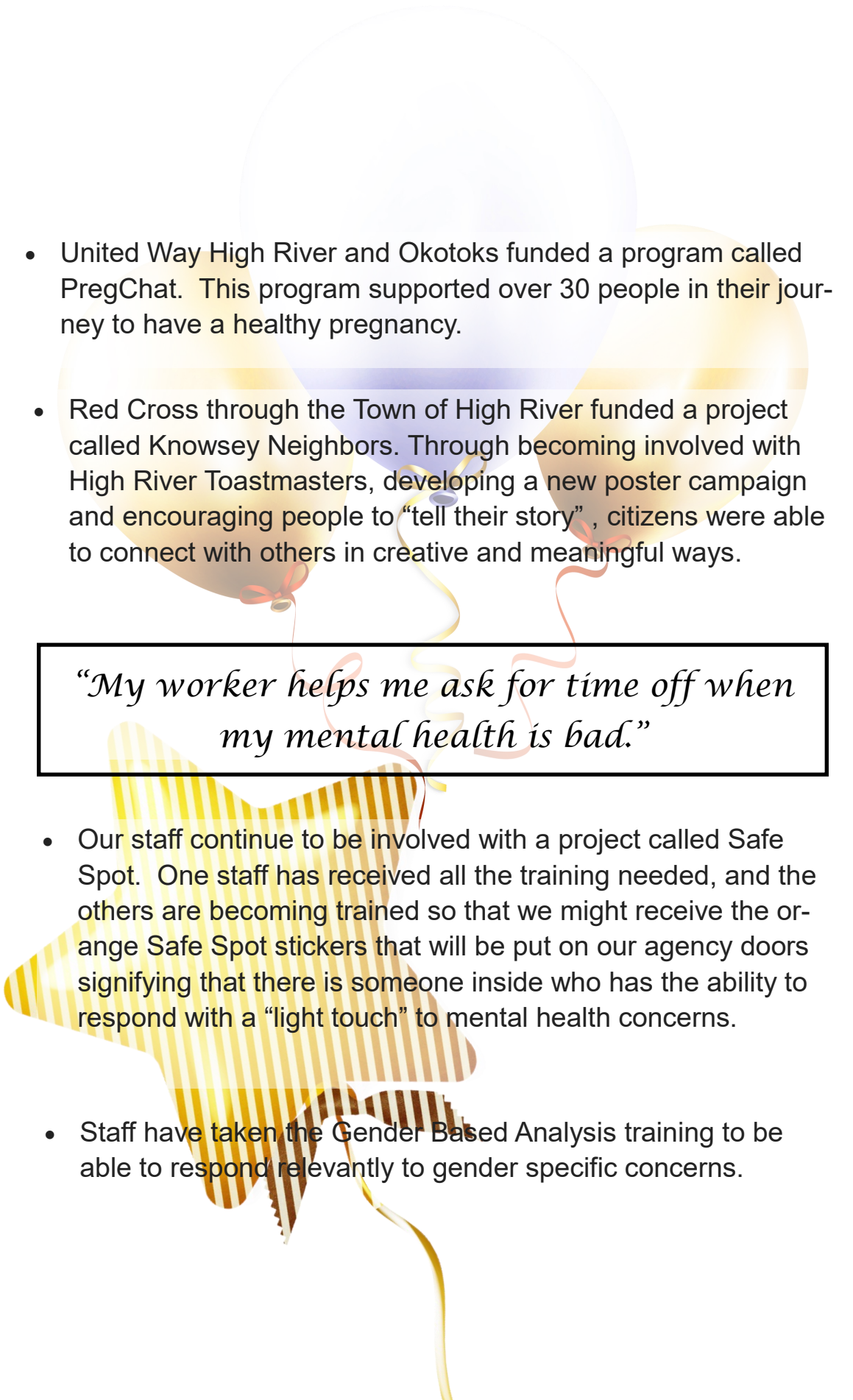
At an adult presentation, one of the participants reported that she had never thought about the delicate nature of Prevention and Awareness of FASD. She was particularly moved to hear stories from a birth mother who did not know she was pregnant until 3 months and how her social drinking led to a child being born with FASD.

### **Turner Valley**

Oilfields High School presentation to Grade 10 students saw participants taking part in activities related to brain functioning. One student remarked "we got told a lot of information about alcohol and pregnancy but I never thought about how it was really affecting brains until we did these activities."

### **MD of Foothills**

Comic Con had over 800 people at the event. There were two hockey teams who volunteered at the event. These boys were supervised by an adult who was with them throughout the day. He observed two conversations with two different groups of boys who said they "never thought about pregnancy being any way related to them." They were not impressed by the fact that in order to be helpful to their partners, they may have to give up drinking themselves.

- 
- United Way High River and Okotoks funded a program called PregChat. This program supported over 30 people in their journey to have a healthy pregnancy.
  - Red Cross through the Town of High River funded a project called Knowsey Neighbors. Through becoming involved with High River Toastmasters, developing a new poster campaign and encouraging people to “tell their story”, citizens were able to connect with others in creative and meaningful ways.

*“My worker helps me ask for time off when my mental health is bad.”*

- Our staff continue to be involved with a project called Safe Spot. One staff has received all the training needed, and the others are becoming trained so that we might receive the orange Safe Spot stickers that will be put on our agency doors signifying that there is someone inside who has the ability to respond with a “light touch” to mental health concerns.
- Staff have taken the Gender Based Analysis training to be able to respond relevantly to gender specific concerns.

## FUNDING SOURCES

United Way – High River and Okotoks and Strathmore

100 Women Who Care

Town of High River

FCSSs – High River, Okotoks, MD of Foothills, Turner Valley, Black Diamond, Strathmore

Calgary Fetal Alcohol Network

Public Health Agency of Canada

The Tao Foundation

Family of Warren Collard gave bequeathment donations

Province of Alberta—Community Initiatives Grant

## FUNDRAISERS

Golf Tournament

Office Chair Races—NEW in 2019

Rock-A-Billy Dance—NEW in 2019

Foothills Comic Con

*Sound of Music* Sing-A-Long

Community Support

Donations




We are, once again, lucky to be a member of the Shaw Birdies for Kids presented by Altalink charity. All donations we receive are matched at 50% thanks to this program. Last year we received a matching donation of \$8,523.00.

If you would like to donate, you can do so through the website at [shawcharityclassic.com/donatenow/](http://shawcharityclassic.com/donatenow/) or directly at the office.

This past year we sold the 101 Recycling Business to a very capable young man. We are excited to see what he does with this important and long standing community business.



Throughout the year, we have done training sessions throughout Alberta as part of a FASD Mentoring program funded by the Public Health Agency of Canada. 17 Head Start sites will have the opportunity to have a full day of training about FASD and/or Trauma by the end of our next fiscal year.



*“My worker helps me understand when I need to see a doctor and helps me plan how to talk about things.”*

# UPCOMING EVENTS



## **September 9, 2019—FASD Day**

Office Chair Races @ George Lane Park

Paws for Pregnancy Walk in Okotoks



## **September 28, 2019**

Rock-A-Billy Dance

The Highwood Memorial Centre



## **October 5, 2019**

Foothills Comic Con

Aldersyde Field House



## **November, 2019**

Sound of Music Sing-A-Long

Location—TBD

## **December 6, 2019**

Santa Claus Parade

Cookies & Hot Chocolate @ 101 Centre

