

Together, we are stronger:

Manitoba's Provincial FASD Strategy



What Is Fetal Alcohol Spectrum Disorder (FASD)

- FASD is a diagnostic term used to describe impacts to the brain and body of individuals who were prenatally exposed to alcohol.
- FASD is a lifelong disability.
- Individuals with FASD may experience challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills (CanFASD Research Network, 2018).

What Is Fetal Alcohol Spectrum Disorder (FASD)

- There is no known safe amount or type of alcohol at any stage of pregnancy. The safest option during pregnancy or when planning to become pregnant is to not drink alcohol.
- FASD prevention is complex. There are a number of reasons someone may drink alcohol during pregnancy, including being unaware they are pregnant, having substance use challenges, experiencing abuse or trauma, and not knowing the impact alcohol can have on pregnancy.

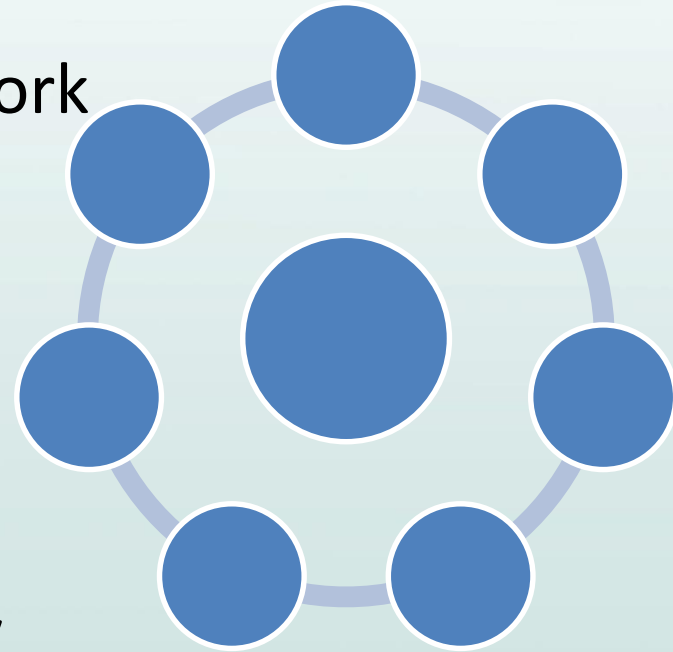
FASD Strategy: History

- On April 13, 2007, the Manitoba government announced a coordinated, multi year, multi system strategy to address FASD in Manitoba.
- The FASD Strategy ensures that all Manitoba FASD programs and initiatives, across all areas of government and community service, are working together towards the common goal of supporting those impacted by FASD.
- The Department of Families is the lead department of the FASD strategy (formerly led through the Healthy Child Manitoba Office).

FASD Interdepartmental Committee (FASD-IC)

Representatives from the following Manitoba government departments work together to support FASD initiatives:

- **Families**
- **Education**
- **Justice**
- **Health and Seniors Care/
Mental Health, Wellness and Recovery**
- **Indigenous and Northern Relations**
- **Economic Development and Jobs**
- **Sport, Culture and Heritage: Status of Women**



FASD Strategy: Goals

1. **Knowledge** – increase awareness and understanding of FASD & preventive measures in the general public and with key stakeholders
2. **Prevention** – decrease incidence of alcohol use during pregnancy, and improve supports to girls and women of childbearing age
3. **Intervention** – increase diagnostics and supports through Manitoba to reduce the onset/impact of secondary challenges.
4. **Evidence** – rely on evidence-based research to determine program impact/efficiency, cost effectiveness and contribute to the literature.
5. **Quality** – increase the quality of service provided through targeted, skill-based training

FASD Strategy: Outcomes

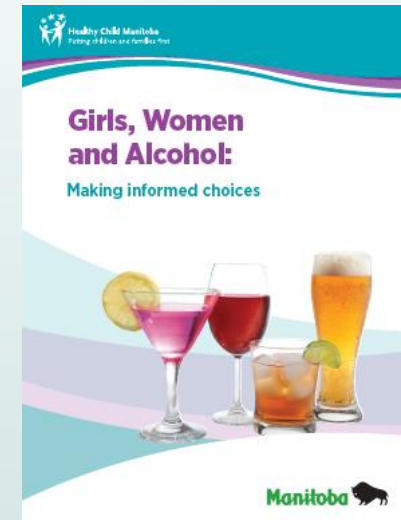
When the goals of Manitoba's FASD Strategy are met...

- **People with FASD** are better supported, and live more stable lives.
- **Manitobans** understand the risks of alcohol use during pregnancy.
- **Women** have support to abstain from using alcohol during pregnancy.
- **Families** know where to go for support and are better able to advocate for and support their loved ones with FASD.
- **Communities** are healthier.
- **Service providers** are well equipped to support those impacted by FASD.
- **Government** investment in FASD results in net decrease in government spending in other sectors like justice, healthcare and education.

FASD Initiatives in Manitoba

Goal 1: Knowledge

- Initiatives that share accurate information about how alcohol use during pregnancy can cause FASD, in ways that are supportive and non-judgmental
- Knowledge initiatives in Manitoba include:
 - “With Child, Without Alcohol” campaign (Manitoba Liquor and Lotteries)
 - FASD public education materials
 - Promoting FASD prevention messaging in schools
 - Manitoba FASD Coalition
 - Regional FASD Coalition Gatherings
 - Looking After Each Other gatherings
 - Canada Northwest FASD Partnership



FASD Initiatives in Manitoba

Goal 2: Prevention

- Initiatives that aim to reduce alcohol use during pregnancy by supporting people with information, support, and services before, during, and after pregnancy
- FASD Prevention programs in Manitoba include:
 - Project CHOICES
 - InSight Mentor Program
 - The Mothering Project



Goal 3: Intervention

- Initiatives that support people with FASD and their families by providing assessment and diagnosis, and supports and services across the lifespan
- FASD Intervention initiatives in Manitoba include:
 - Building Circles of support
 - Manitoba FASD Family Network
 - FASD in the Classroom
 - Stepping Out on Saturdays
 - FASD Family Support, Education and Counselling
 - FASD Justice Program
 - Starfish Program
 - Spectrum Connections FASD Program
 - Rural Connections
 - Visions & Voices
 - Manitoba Key Worker Program
 - Manitoba FASD Coalition
 - Manitoba FASD Diagnostic Network

FASD Initiatives in Manitoba

Goal 4: Evidence

- Initiatives that ensure Manitoba's FASD services are based on strong research, evaluation, and community input
- Evidence initiatives in Manitoba include:
 - Evaluation of the Provincial FASD Strategy programs:
 - InSight
 - Project Choices
 - Manitoba Key Worker
 - Starfish
 - Spectrum Connections
 - Supporting the CanFASD Research Network

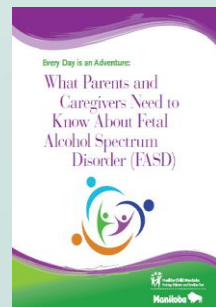
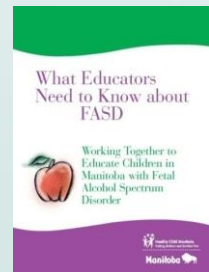


FASD Initiatives in Manitoba



Goal 5: Quality

- Initiatives that ensure Manitoba service providers in all sectors are trained and use best practice approaches in their work supporting people impacted by FASD
- Quality initiatives in Manitoba include:
 - **Provincial FASD Training-** free 2-day training is available to anyone in Manitoba providing services or care to people impacted by FASD
 - Development and distribution of **resources** such as:
 - What Educators Need to Know about FASD: Working Together to Educate Children in Manitoba
 - What Early Childhood Educators Need to Know about FASD
 - Every Day is an Adventure: What Parents and Caregivers Need to Know about FASD
 - FASD Services in Manitoba Resource List



FASD Strategy: Promoting Dignity



Addressing stigma and promoting dignity for people with FASD, their caregivers, and women who use alcohol during pregnancy, is an important element of each of the goals of Manitoba's FASD Strategy.

FASD Strategy: Promoting Dignity

- Stigma towards women who drink during pregnancy and towards people with FASD is recognized as one of the largest barriers to FASD initiatives across Canada.
- Stigma prevents women from seeking the supports they need, further amplifying their isolation and marginalization.
- Stigma also has a significant impact on people with FASD, their caregivers, and families. Stigma impedes public support for effective, person-centred strategies to support people with FASD and those around them.
- The Manitoba government promotes person-centred, holistic, and dignity-promoting approaches to FASD initiatives.

2015 FASD Strategy Update

In 2015, the FASD-IC held community conversations to update and improve the strategy. This process identified a number of emerging priorities and existing gaps in service for Manitobans impacted by FASD, such as:

- Adult assessment
- Provincial training
- Increasing FASD awareness messaging in schools
- Stigma reduction

2015 FASD Strategy Update

As a result of the priorities identified in 2015:

- In 2015, the '**Looking After Each Other: Dignity Promotion Project**' was formed to address stigma and promote dignity for people impacted by FASD.
- In 2017, a 2-day **FASD training course** was created. Over 550 Manitobans have received this free training.
- In 2019, a **provincial court docket** for youth and adults with FASD was implemented- the first of its kind in Canada
- In 2020, a 3-year **adult FASD assessment pilot** project began for people ages 18-25 involved in the Justice system
- **FASD Prevention Resources** were provided to educators
- **Partnerships** were created with Manitoba Housing Tenant Service Coordinators



2021 FASD Strategy Consultations

- Now that many of the priorities identified in 2015 are being addressed, we are again seeking community feedback about the priorities of the FASD strategy.
- We want stakeholders to reflect on questions pertaining to FASD initiatives in Manitoba.
- “FASD initiatives in Manitoba” means programs, services, or supports that address the five key goals of the Manitoba FASD Strategy: Knowledge, Prevention, Intervention, Evidence, and Quality (such as the initiatives outlined in slides 8-12 and 16).

2021 FASD Strategy Consultations

We will explore the following questions during virtual community conversations and online engagement with identified stakeholders:

- 1. What FASD initiatives in Manitoba are working well that we need to continue, or do more of?**
- 2. How could FASD initiatives in Manitoba be improved?**
- 3. Where can partnerships between service providers be built or strengthened to improve FASD initiatives in Manitoba?**
- 4. How can FASD initiatives in Manitoba promote the dignity of people impacted by FASD?**
- 5. What should be the top priorities of the Manitoba FASD Strategy going forward?**

- We look forward to receiving your feedback!
- If you would like more information about FASD initiatives in Manitoba:
 - Visit www.gov.mb.ca/fs/fasd
 - Visit the Manitoba FASD Coalition website:
www.fasdcoalition.ca
 - Email FASDinfo@gov.mb.ca for information about Manitoba FASD programs, resources, and training