

EDMONTON AND AREA FETAL ALCOHOL NETWORK SOCIETY – MEETING MINUTES FEB 5, 2019

SUPPORTS AND SERVICES

- **Call to order and roll call**
 - Bissell Centre, Elves, McDaniel Youth, CASA, EFRY, Metis Nation of Alberta, Leduc County, Robbie. S
- **Approval of last meeting minutes**
 - Approved by Carol
- **Reporting**
 - Quarter 4 ORS is due no later than 9am, Friday April 5th, 2019.
 - Quarter 4 narrative is due no later than 9am, Friday April 12, 2019.
 - Unaudited Year-end Schedule B is due no later than 9am, Tuesday April 30th (no exceptions).
 - Audited financial statements are due June 30, 2019.
- **Finances**
 - All funds for the April 1, 2018 – March 31, 2019 must be spent by March 31, 2019.
 - No funds can be carried over into the new financial year.
- **Business Plan 2019 – 2020**
 - EFAN Business Plan 2019 – 2020 was submitted to Cathy Cross January 20th, 2019.
 - It is posted on the Network website: <https://edmontonfetalalcoholnetwork.org/through-the-years/2019-2020/business-plan/>
- **2019 – 2020 Letters of Agreement**
 - Agency Letter of Agreement's are posted on the Network website: <https://edmontonfetalalcoholnetwork.org/through-the-years/2019-2020/letters-of-agreement/>
 - Please print off, sign, and return to the Network Coordinator by Tuesday, March 5th, 2019.

SOCIETY MEETING

- **Call to order and roll call**
- **Approval of last meeting minutes**
 - Approved by Catherine
- **Finances**
 - Projected balance of our account after post-dated cheques for March 31, 2019 is \$55,290.72.
- **Society Membership Fee**
 - **Motion: Scott (seconded by Dani), Maintain the \$20/year membership fee, wave for individual caregivers and agencies not in a position to pay. Approved.**
- **FASD Assessment Waitlist Toolkit Focus Group**
 - On January 23rd stakeholders from around the province met to discuss the development of an FASD Assessment Waitlist Toolkit to help support new and existing clinics.
 - Conversation concerned defining 'waitlist'; process of inquiry, consent/referral package, PAE/background/history, scheduling/assessment date, completed.
 - Best practice: clinic team meeting to review best practices in assessment and diagnosis minimum once a year, final report provided within 6 – 8 weeks.
- **CanFASD & Jeff Noble PreConference at 2019 Inclusion Alberta Family Conference**
 - Inclusion Alberta has provided CanFASD with space for a pre-conference day at the Fantasyland Hotel at West Edmonton Mall.
 - One-day conference for parents, caregivers, and service providers.
 - An interactive event that will provide participants with a deeper understanding of FASD through practical lessons and cutting-edge research.
 - Title: Building Better Bridges, A Shared Understanding of FASD
 - 4 segments in the day:

- 1: *Adopting A Growth Mindset*, presentation on this content/application of the content, discussion/interview with presenter and possible panel (talk show format; interview "actor").
- 2: *Regulation My Way*, presentation regarding self-regulation research, performance by youth (music), discussion/interview with presenter, youth...
- 3: *From the Heart, Caregivers Perspective*, presentation re: research and caregivers, video clips from caregivers (answering three question: 1) what the greatest challenge I face, 2) what is my greatest hope for my child/adult, 3) what is the biggest question I have), mindfulness exercise with audience, discussion with presenter/caregivers.
- 4: *Reconsidering School*, educator presentation, active component, discussion pulling it all together.
- Timing: Thursday, April 4, 2019, 9:30 start – 3:30 pm.
- **Motion: Lisa (seconded by Catherine), Allocate \$5000.00 to CanFASD for the 'Building a Better Bridge' FASD and Caregivers event at Fantasyland Hotel on April 4, 2019. Approved.**
- **Prevention Conversation Project**
- The project is printing in bulk the 'tip sheets' that are to be used for the adolescent part of the FASD prevention conversation project.
- **New research/resources**
- **'Grandmother begs Edmonton Judge to Keep Grandson Locked Up':**
<https://www.cbc.ca/news/canada/edmonton/edmonton-gang-court-bail-stabbing-firearms-drugs-mental-health-1.4990466>
- Asked judge not to grant bail to her 16-year old grandson who is involved in a lifestyle of gangs, guns, and drugs.
- Repeatedly warned Alberta government that failure to place the boy in a secure facility to address his addiction and mental health issues will result in a tragedy.
- Has FAS and has refused programming offered by Children's Services.
- Crown describes series of offenses, escalating in nature.
- Defense stated he does not pose a substantial risk to the public and if released would stay one night at the Hope Mission and then be referred to Nova House, a voluntary, supportive living facility for homeless youth.
- **'Some Pregnant Women Don't Believe Cannabis is Harmful to Their Fetus':**
<https://medicalxpress.com/news/2019-01-pregnant-women-dont-cannabis-fetus.html>
- UBC researchers noted that up to 1/3 of pregnant women don't believe that cannabis is harmful to their fetus.
- In some cases, women perceived a lack of communication from their health care providers about the risks of cannabis as an indication that the drug is safe to use during pregnancy.
- Research published in the journal of Preventative Medicine examined women's perspectives on the health aspects of cannabis use during pregnancy and post-partum and whether their perceptions influence decision-making about using the drug.
- Research has suggested that over the past decade more women seem to be using cannabis during pregnancy even though evidence of its safety is limited and conflicting.
- Pregnant cannabis users were more likely to be under the age of 25, unemployed, single, uninsured, African American, and to have low income, low education, and use other substances such as tobacco and alcohol. A diagnosis of anxiety or depression was also associated with cannabis use during pregnancy.
- Researchers found that the pattern of cannabis use was highest during the first trimester, lowest during the third, and most pregnant users reported using cannabis to treat nausea early in their pregnancy.
- "One of our review findings revealed that some people don't consider cannabis to be a drug," said Bayrampour. "With this in mind, it's especially important for health care providers to ask specific questions about cannabis use during pregnancy and breastfeeding to help spark a productive conversation about the potential health impacts and to help support women in their decision to reduce use and quit."
- **Process for Referring People with Complex High Needs to Primary Care – Edmonton**

- The PCN (Edmonton) as created a visual referral process in response to agencies and patients having problems finding a family doctor or medical home when there are certain complexities such as mental illness, addictions, homelessness and stigmatization.
 - The referral pathways can be used by agency staff to navigate and support the engagement of complex patients with a suitable and accessible medical home.
 - **CanFASD: Top FASD Articles of 2018:**
<https://edmontonfetalalcoholnetwork.org/2019/01/31/canfasd-top-fasd-articles-of-2018/>
 - CanFASD staff, researchers, and Family Advisory Committee members worked together in selecting certain articles to highlight some of the work that has been published over the last year in the field of FASD.
 - Over 460 papers published on FASD in 2018 were narrowed down to a final list of 35 that focus on CanFASD's areas of emphasis in FASD prevention, intervention, diagnosis, social justice, child welfare, and family collaboration.
 - Additional consideration for what constituted the "top" articles included: generalizability to Canadians, influence on practice or policy, novelty, scientific rigour, and media attention.
 - **Council/Committee updates**
 - In conversation with Julie (PolicyWise), the Councils will be reconvening to ensure that projects/information/resources can continue to be disseminated to the community.
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Next meeting: Tuesday, March 5th, 2019.