



Saturday, November 24, 2012



SEEKING MENTAL HEALTH

Fetal Alcohol Spectrum Disorder (FASD)

5th Annual Fall Conference

Saturday, November 24th, 2012
8:45 a.m.—4:00 p.m.

Registration Fee: \$65.00 per person (HST Incl.)
Limited subsidies available upon request

Free child/youth minding available
Pre-registration is a must as space is limited

Registration Deadline: Tuesday, November 20, 2012
There will be no registration on the day of the conference

Douglas College
700 Royal Avenue, New Westminster



For more information, visit www.pcrs.ca/fasd, or contact: fasdcollaboration@pcrs.ca, or PCRS at 604-412-7950



Frequently Asked Questions (FAQs)

What is the FASD Collaboration Roundtable?

Fetal Alcohol Spectrum Disorder (FASD) is a term used to describe the range of effects caused by prenatal exposure to alcohol. Typical effects of alcohol exposure in utero may include physical, mental, social-emotional and behavioural concerns, with lifelong implications for the individual. Because of variable patterns of disabilities and strengths, as well as their particular life circumstances, each person with FASD has highly unique needs. No single program can respond to the full range of issues, and a fragmented overall response system is inevitably ineffective. The FASD Collaboration Roundtable – as the name suggests – is a way of bringing together people from across systems to network, share information, discuss issues and problem-solve effective responses, then try to entrench that in policy and practice. The goal is to involve all of the key systems and agencies that deliver services to children, youth and adults with FASD in the greater community. In addition, the Roundtable welcomes the voices of parents, grandparents, other caregivers of individuals with FASD, as well as other advocates, for the experience-based perspectives these stakeholders bring to the discussion.

What can I expect from the conference?

The conference has been organized by the FASD Collaboration Roundtable's participating agency staff to provide an opportunity for learning and networking about FASD in a variety of forums, including lecture, panel discussion, performances, information tables and group discussions. Participants will learn about emerging knowledge of mental health concerns as they relate to FASD, as well as their practical implications. All participants will have an opportunity to learn about resources and supports available in the community, with an emphasis on networking and liaising with professionals and families.

Who should attend?

All interested professionals, families and individuals with FASD themselves are encouraged to attend the conference, including; aboriginal support program workers • administrators/managers • alcohol and drug counsellors • caregivers • community members • corrections workers • educators • employers • employment counsellors • elected officials • family members • family support workers • family and specialty physicians • faith communities • FASD key workers • government ministries and departments • infant development consultants • infant mental health clinicians • judges • lawyers • mental health counsellors • midwives • nurses • parents • police • policy makers • prevention workers • program providers • psychiatrists • public and private funders • psychologists • researchers • registered clinical counsellors • social workers • students • supported child development consultants • teachers • vocational rehabilitation service providers and youth care workers.

What about parking and transportation access?

Underground parking is available at the campus for a cost of \$8.00 per day (cash only, prices are subject to change); parkade entrance can be found from Victoria Street off 8th Street. Street parking is limited and can be purchased for a maximum three hours. The Skytrain is within walking distance of the campus; for transit routes visit <http://tripplanning.translink.ca> and enter 700 Royal Avenue as your destination.

Will there be refreshments or meals available?

The conference will have refreshments available at the morning break, as well as a networking opportunity with light snacks will be open to all participants over the lunch break (for more information on the networking meeting, see page 6). For food options, participants are responsible for themselves and are encouraged to use the campus cafeteria. There are also many restaurants, delis and bistros located within walking distance of the campus.

What is offered for child/youth minding?

Child/youth minding is available at no cost. Children or youth must be pre-registered as there will be no registration taken on the day of the conference and there is limited availability. Please ensure your child/youth brings a lunch with them; staff will not be able to heat food. Trained Youth Care Counsellors will be on site to provide child and youth-friendly activities. Please complete the Child/Youth Minding Registration on page 8.

Please note: This is a Scent Free and Nut Free event.

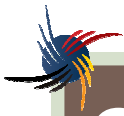


Conference Agenda

Saturday, November 24, 2012

8:15 — 8:45 a.m.	Welcome and Participant Sign-In
8:45 — 9:15 a.m.	Opening Ceremony <i>Aboriginal prayer and opening remarks by conference organizers.</i>
9:15 — 10:00 a.m.	Keynote: Stand Up For Mental Health <i>Stand Up For Mental Health teaches stand up comedy to people with mental illness with the aim to reduce public stigma and spread a message of hope and empowerment. People with mental illness are always being told what they can't do. In this show, they get to prove what they CAN do! Come laugh your head off at this show that looks at the lighter side of taking meds, seeing counselors, getting diagnosed and surviving the mental health system.</i>
10:00 — 10:30 a.m.	Break <i>Refreshments, Table Displays</i>
10:30 — 12:00 p.m.	Keynote Speaker: Dr. Joanne Weinberg An animal model of FASD: Insight into vulnerability to mental health and behavior problems in later life <i>Dr. Weinberg will describe her animal model and discuss the value that animal models can bring to clinical research. Studies that have demonstrated fetal programming of offspring physiological systems, particularly stress and immune systems, will be presented. The role of fetal programming in altering sensitivity to later life stressors and thus increasing vulnerability to diseases or disorders over the life course will be discussed, with a particular focus on so-called "secondary disabilities" such as depression, anxiety and addiction disorders.</i>
12:00 — 1:15 p.m.	Lunch Break <i>Networking Opportunity in Aboriginal Gathering Place, Table Displays</i>
1:15 — 1:30 p.m.	Transition Time <i>Participants will make their way to concurrent breakout sessions.</i>
1:30 — 3:00 p.m.	Concurrent Breakout Sessions: Select One Detailed breakout session descriptions can be found on the following page. A) Understanding FASD and Mental Health <i>Dr. Christine Lilley, Allison Mounsey</i> B) Connection for Life: Attachment and FASD <i>Dr. Vanessa Lapointe</i> C) Self Care — Medicine Wheel Style <i>Gaye Smith, Colin Bird</i>
3:00 — 3:15 p.m.	Break <i>Refreshments, Table Displays</i>
3:15 — 4:00 p.m.	Panel Presentation: Voices of Adults Living with FASD What does Mental Health mean for me? <i>A group of adults living with FASD will share their life experiences of navigating mental health services, including what has worked for them and what has not in terms of both supports and services.</i>

The FASD Collaboration Roundtable would like to recognize all the individuals and agencies who participated in developing and hosting this event, and express its gratitude for their commitment to providing best practice services for individuals living with FASD as well as their families.



Concurrent Breakout Sessions

Saturday, November 24, 2012

There will be three presentations running simultaneously. Please indicate your first and second choice when submitting your registration. Breakout sessions run from 1:30 — 3:00 p.m.

A	<p>Understanding FASD and Mental Health <i>Dr. Christine Lilley and Allison Mounsey</i></p> <p>It is widely recognized that mental health concerns are prevalent amongst individuals with FASD, though typical interventions may not be effective for those with this disability. In this presentation you will explore mental health conditions common for children and youth living with FASD, as well as various treatment interventions and management strategies that can make a positive difference throughout the lifespan.</p>
B	<p>Connections for Life: Understanding the essential role of attachment in the emotional health and development of children with FASD <i>Dr. Vanessa Lapointe</i></p> <p>The key to “growing” children who are emotionally healthy lies first and foremost in promoting rich and nurturing relationships between children and their caregivers. When children have strong, healthy, positive relationships with their caregivers, they are better able to manage their emotions, regulate their behaviour, and relate to the world around them. For children with alcohol-exposure related diagnoses, the nurturing of that special attachment relationship can be challenging. This workshop will focus on understanding the nature of those challenges, as well as key insights and strategies for working through them. As part of this, the “language of attachment,” and what attachment “looks” like will be discussed, all through the eyes of a child with FASD. It is through attachment that the true emotional health potential of children with FASD is realized.</p>
C	<p>Self Care — Medicine Wheel Style <i>Gaye Smith, Colin Bird</i></p> <p>This workshop will show how we can use the teachings of the Medicine Wheel to take care of ourselves while caring for others. As we learn about the sacredness of the four quadrants of the medicine wheel – Spiritual, Physical, Mental and Emotional – participants will learn how they can use these ancient teachings to help themselves and those around them. The Medicine Wheel concepts are holistically healing and promote self-awareness and connectedness to oneself, one’s family, one’s community, one’s nation and one’s world.</p>

Display Table Presenters...

The following table presenters have been invited to host a display table at the conference, offering information on their services and other valuable resources accessible in the community. Please take the opportunity before and after the formal conference sessions, as well as at scheduled breaks, to visit the displays. Participants will benefit from the many take-home resources and ideas!

- | | |
|--|---|
| ⇒ The Adoptive Families Association of BC | ⇒ FosterHub |
| ⇒ Adoptive Parents of People with FASD | ⇒ Minga Marketplace |
| ⇒ The Asante Centre | ⇒ Pacific Community Resources Society |
| ⇒ Child and Youth Mental Health Services | ⇒ PLEA Community Services |
| ⇒ Community Living British Columbia | ⇒ Representative for Children and Youth |
| ⇒ FASD/CDBC Key Worker and Parent Support Services | ⇒ Sunny Hill Health Centre for Children |
| ⇒ Federation of BC Youth In Care Networks | ⇒ YWCA Crabtree Corner |
| | ⇒ And more! |



Key Note Speakers

David Granirer, Stand Up For Mental Health

David Granirer is a counsellor, stand-up comic, speaker, and author of *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success*. He has taught stand-up comedy to recovering addicts and cancer patients, and is the founder of *Stand Up For Mental Health*, his program teaching stand-up comedy to people with mental illness as a way of building confidence and fighting public stigma.

David's work is featured by media across North America and in the Voice Award winning CBC documentary *Cracking Up*. He is also the recipient of a *Champion of Mental Health Award*. These national awards recognize the contributions of individuals and organizations who have made outstanding contributions to the advancement of the mental health agenda in Canada.

David, who himself suffers from depression, founded *Stand Up For Mental Health* in 2004. He got the idea from watching students in his Langara College *Stand-Up Comedy Clinic* course. "Even though the Langara course has nothing to do with mental health, I've had students overcome long standing depressions and phobias, not to mention increasing their confidence and self-esteem. There's something incredibly healing about telling a roomful of people exactly who you are and having them laugh and cheer."

Since 2004, Stand Up For Mental Health has spread across Canada and the US. "What I see happening is a greater acceptance of outside the box ideas both in promoting recovery and in fighting public stigma," says Granirer. "People seem to be ready to use humour to shine a light on some pretty dark and serious issues. I really believe that what they say is true: Laughter *is* the best medicine."

For more information, visit www.standupformentalhealth.com.

Dr. Joanne Weinberg, University of British Columbia

Professor and Distinguished University Scholar
Department of Cellular & Physiological Sciences, UBC

Dr. Joanne Weinberg is a Professor and Distinguished University Scholar in the Department of Cellular & Physiological Sciences at the University of British Columbia. She did her undergraduate training at Brown University, a Masters at Harvard University Graduate School of Education, and her PhD in Neuro - and Biobehavioral Sciences at Stanford University Medical School. After her PhD, Dr. Weinberg did Postdoctoral training at Stanford, UC San Francisco and UBC, and joined the Department of Anatomy at UBC as an Assistant Professor in 1982. Dr. Weinberg is also a member of the Brain Research Center, and an Associate Member of the Department of Psychology and of the Child and Family Research Institute at Children's Hospital.

The research in Dr. Weinberg's laboratory investigates how early life experiences alter brain and biological development. Her major program of research utilizes a rat model to examine the effects of prenatal exposure to alcohol on offspring behavioral, hormonal and immune function. This research fits within the framework of fetal or early life programming - the concept that early life experiences, including pre- or perinatal exposure to stress, drugs or other adverse events, can permanently organize or sensitize physiological and behavioral systems and increase vulnerability to illnesses later in life. This research has relevance to understanding the increased incidence of "secondary" disabilities such as mental health and behavior problems found in children with Fetal Alcohol Spectrum Disorders.

In addition to this research, Dr. Weinberg is involved in collaborative projects examining the effects of early life pain, stress and medication exposure on the development of preterm and term-born infants, and the role of epigenetic mechanisms in mediating alcohol's adverse effects.



Concurrent Session Presenters

Colin Bird is a traditional Cree man from Mistawasis Reserve in Saskatchewan. He has been in the helping field for the past fifteen years. He has attended the University of Saskatchewan and taken the Indian Teaching Education Program. Colin specializes in helping families and youth learn about their culture and empowering them to walk a healthy and balanced journey. He has also been helping Aboriginal and Non-Aboriginal families develop a plan to parent their children in a traditional way.

Dr. Vanessa Lapointe is a registered psychologist who has been supporting families and children for 14 years. She presently works in private practice and has previous experience in a variety of settings, including the Ministry of Children and Family Development and the school system. Her areas of interest include holistic approaches to the assessment of children, supporting and advocating for children in foster care, and promoting the child's right to attachment. Vanessa is a regularly invited professor and educator, and was part of York University's delivery of an Infant Mental Health Certification program in BC. She is also actively involved in the early childhood community.

Dr. Christine Lilley, PhD, is a registered psychologist with the Complex Developmental Behavioural Conditions (CDBC) Team at Sunny Hill Health Centre for Children in Vancouver. She is part of a team of professionals who diagnose FASD and other conditions in children and youth, and identify their strengths and weaknesses. As CDBC's Clinical Lead for FASD, she designs training and mentoring programs for CDBC staff across the province.

Allison Mounsey, MSW, RSW, is a social worker with the Complex Developmental Behavioural Conditions (CDBC) Program at Sunny Hill Health Centre for Children. She has a Bachelor of Social Work Degree from the University of Calgary and a Master of Social Work Degree from the University of British Columbia. Prior to joining the CDBC team in 2006 she worked in a variety of chronic health, disability and mental health programs at BC Children's Hospital. Through CDBC, Allison is involved in the diagnostic and functional assessment of children and youth with complex disabilities, including FASD.

Gaye Smith is Ojibway, Cree and Métis, with her family ties throughout Manitoba. Gaye has worked in the Social Services field for many years as a nurse, youth worker, and foster parent, as well as Project Coordinator for the ACT Project (a permanency program for teens in foster care) and with the Federation of Aboriginal Foster Parents as both the Provincial Education Coordinator and the Lower Mainland Region Coordinator. Gaye sits on a number of both Provincial and Regional Committees in their efforts to provide the best services they can to all caregivers of Aboriginal children and youth.

Additional Information

A **networking opportunity** for all participants will be held in the Aboriginal Gathering Place (fourth floor) over the lunch break. Light snacks will be served, though lunch remains the responsibility of the individual. Participants are encouraged to use the campus cafeteria; items packaged for take-out may be brought to the networking meeting room. Participants are encouraged to take advantage of this session to meet with other families and professionals supporting people with FASD.

A limited amount of **subsidies** are available to cover the cost of registration; priority will be given to individuals with FASD and their family members. Quantities are based on a percentage of total paid registrations; participants requesting subsidy will be notified if their request has been approved. To request a subsidy, please submit the printed registration form on page 7, and forward to Pacific Community Resources Society (PCRS) as per the form. If you are interested in sponsoring an individual to attend, please indicate your donation at the time of registration or contact PCRS. Tax receipts will be issued for all donations over \$25.00. Please indicate if you would like to sponsor a specific individual.



Registration Information

Conference registration is available through two separate processes: online and text format.

Option #1 - The preferred method is online through Eventbrite, accepting all major credit cards (secure online payment), as well as cheque and money orders (mailed separately to the address below). For subsidy requests, please use the registration form as per Option #2. To register, please go to:

<http://fasdcollaborationroundtable.eventbrite.com>

Option #2 - Alternatively, the registration form below may be completed and returned with payment or subsidy request to Pacific Community Resources Society via one of the following options:

Mail: FASD Fall Conference, C/O Pacific Community Resources Society
#201-2830 Grandview Highway, Vancouver, BC V5M 2C9

Email: fasdcollaboration@pcrs.ca **Fax:** 604-412-7951

Cheques and money orders should be made payable to the **FASD Collaboration Roundtable** and returned by mail to Pacific Community Resources Society as above. Please note that credit card payments are available only through Eventbrite, and will not be accepted by Pacific Community Resources Society. Refunds will be allowed up to the date of the registration deadline, Tuesday November 20, 2012.

Registration will NOT be available on the day of the conference.

Complete and return with payment to Pacific Community Resources Society as noted above.

Note: Register via Eventbrite OR mail-in; please do NOT register twice.

Please complete all sections of the registration form:

Last Name			First Name			Middle Initial		
Email Address (Required)				Phone Number				
Mailing Address				City/Province		Postal Code		
Organization								
Attending: Saturday (\$65.00 - HST included) <input type="checkbox"/> Subsidy Requested <input type="checkbox"/>								
Please add \$ _____ to my registration fee as a donation to sponsor a family registration.								
Indicate if this donation is <input type="checkbox"/> a general contribution, or <input type="checkbox"/> for a specific person named _____								

Please select your preferred breakout sessions (A, B or C):

	First Choice	Second Choice
<i>Example</i>	<i>C</i>	<i>A</i>
Preference		

The FASD Collaboration Roundtable does not necessarily share the opinions and ideas of the individual conference presenters and does not endorse or guarantee any information, products or services discussed. The FASD Collaboration Roundtable cannot be held responsible for the use or misuse of its contents.

For more information, visit www.pcrs.ca/fasd, or contact: fasdcollaboration@pcrs.ca, or PCRS at 604-412-7950



Child and Youth Minding Registration

Child/youth minding is available at **no cost**. Children and youth **must be pre-registered** for this service, as there will be no registration taken on the day of the conference and there is limited availability. Trained youth care counsellors will be on site to provide child and youth-friendly activities, including activities appropriate for individuals living with FASD. Please ensure your child/youth brings a lunch with them; staff will not be able to heat food. **Please note that this is a scent free and nut free event.**

Registration and Waiver of Liability Form for Child and Youth Minding

Please complete the following Registration and Waiver of Liability form and return to Pacific Community Resources Society via one of the following options:

Mail: FASD Fall Conference, C/O Pacific Community Resources Society
#201-2830 Grandview Highway, Vancouver, BC V5M 2C9

Email: fasdcollaboration@pcrs.ca **Fax:** 604-412-7951

Registration will not be available on the day of the conference. There is no cost for this service.

Number of children or youth registering for child/youth minding (attach additional pages as necessary):

Child's Name: _____
 Birth Date: _____ Age: _____ In Diapers?: Yes ___ No ___
 Does your child/youth have a developmental disability, or require special considerations such as allergies or safety concerns? Please specify. _____

Child's Name: _____
 Birth Date: _____ Age: _____ In Diapers?: Yes ___ No ___
 Does your child/youth have a developmental disability, or require special considerations such as allergies or safety concerns? Please specify. _____

Parent/Caregiver's Last Name _____ First Name _____ Middle Initial _____

Address _____ City/Province _____ Postal Code _____

Cell Phone Number (Please provide a cell phone number where you can be contacted during conference participation)

I understand that by signing this waiver I release students from Douglas College providing care, Program Assistants, FASD/CDBC Key Workers and the FASD Roundtable, from any liability as a result of personal injury or property damage occurring while the above child/children is/are at the child/youth minding at Douglas College on Saturday, November 24, 2012.

I understand I **must remain on campus** during the time of child/youth minding.

I understand that the child minders and other staff **will not** dispense medication and I am responsible for providing the medication as required.

Signature _____ Print Name: _____ Date _____
 (Legal Guardian)