

# 2018/2019

# **ANNUAL REPORT**

HELP: IT'S WHAT WE DO



## MISSION

To establish and ensure that accurate information about FASD, effective prevention, diagnosis and support services are available in the Lakeland Service Area.

## VISION

We envision a region with no new FASD births and where currently affected individuals are well supported.



## OPERATING PRINCIPLES

- Committed to maintaining the trust of partners and stakeholders by being accountable and transparent.
- Dedicated to creating an atmosphere in which all stakeholders, feel valued, respected and engaged in our efforts.
- Committed to treating individuals with FASD, their parents and families with respect and dignity.
- Promoting the use of FASD best practices and accurate information with community service providers.
- Dedicated to planning services based on identified needs, and by promoting best practices as they emerge in the field.
- Committed to achieving collective impact and quality service through collaboration with our community partners.
- Providing evidence based practice and when evidence is not available, will work with researchers to develop this evidence.
- Providing leadership in the field of FASD by sharing our experiences, developing evidence based practices, and continually working to improve our services.
- Dedicated to our employees and their well-being.

## REPORT OVERVIEW

Mission and Vision	1
Operating Principles	2
Greetings from Management	3
Board Members & Staff	5
Our Programs & Services	6
2nd Floor Success Story	7
Residential Services	8
Mothers to Be Success Story	10
The Prevention Conversation	11
FASD Awareness Day	12
Training & Awareness-Regional	13
Rajani & FASD Clinic Training	14
Diagnostic Services	15
Counselling Success Story	18
Outreach Success Story	19
Community	20
Transition Success Story	21
Employment Success Story	22
Summer Camp	23
Our New Look	25
Employer of Choice Award	26
Service Awards	27
Financial Snapshot	29
Office Locations	30



Audrey McFarlane  
Executive Director



Lisa Murphy  
Program Manager

## Letter from the Executive Director and the Executive Program Manager

2018-2019 was a pretty amazing year at LCFASD! Lisa Murphy assumed the corner office and the duties of Executive Program Manager while Executive Director, Audrey McFarlane reduced her time with the agency. Audrey has continued to be an active mentor to the management team and provides critical direction when needed.

LCFASD staff are the best! This year we served a record 500 individuals and families among all of our programs. Several of our programs have seen record numbers and have a waiting list. The 2nd floor Women's Recovery Centre has seen 38 women this year and the Mothers to be Mentorship program has served 117 women with a growing waitlist.

The LCFASD continues to struggle to meet the growing demand for services in all programs with no new funding to the current infrastructure from government. This makes six years in a row that have not seen even a cost of living increase. We continue to re-organize to optimize the work and the number of people served, adding new programming as funds become available. Our new in-house counselling services for clients and their families has shown to be an effective strategy. As well, many programs are offering group sessions to maximize the supports.

We offered another successful summer camp season with a record number of children in attendance. The kids enjoyed a variety of experiences including field trips to the airbase, geocaching, hiking, swimming, paddle boarding, kayaking, and lots of crafts!

We diagnosed a record number of children and adults through our FASD diagnostic clinics, assessing a total of 71 individuals this year. Next year we will be piloting a telehealth project; this will be ground breaking territory providing FASD diagnostic services to remote locations.

The outreach team supported 221 clients and their families this year. As the caseloads continue to grow, our FASD outreach team has reviewed the outreach program to ensure all individuals with FASD and their families continue to receive appropriate supports.

The Prevention Conversation is a provincial initiative that continues to be well received and effective. Our facilitators have shared their message with community members, service providers, and professionals across the Lakeland Service Region.

LCFASD continues to be an active Alberta FASD Service Network member and a leader in the development of unique strategies to serve rural areas. We are proud of our employees and the services they deliver in challenging times. Thanks to all of our partners, community supporters, families and individuals that we work with for all the encouragement and continued support. Next year will see Lisa Murphy assume the Executive Director role as Audrey McFarlane phases into her national role.

We will celebrate 20 years of service in the Lakeland area in 2020; we are proud of this accomplishment and are still recognized as provincial leaders in this field.

Lisa and Audrey

## BOARD MEMBERS

### *Chair*

Stephanie Oleksyn

### *Secretary*

Phillip Lee

### *Vice Chair*

Carmen Bull

### *Directors*

Lorne Kaban

Roy Ripkins

Michelle Dargis

Joey Daniels

### *Treasurer*

Coleen Manary

*Many thanks to the following Board Members who concluded their term in 2018:*

*Sandy Kingdon and Bob Wilson*

## MANAGEMENT TEAM

### *Executive Director*

Audrey McFarlane

### *Mothers to be Supervisor*

Candice Sutterfield

### *Executive Program Manager*

Lisa Murphy

### *FASD Coordinator Supervisor*

Tabrina Stenz

### *Program Manager Prevention*

Paula Dewan

### *2nd Floor Residential Supervisor*

Kayla Vick

## FRONTLINE TEAMS

- 4 Admin
- 2 Diagnostics
- 10 Interventions
- 8 Mentors

- 2 Counselling
- 4 Camp
- 20 2nd Floor Recovery
- 4 Contractors

## OUR PROGRAMS & SERVICES

Served a record 500 individuals and families

THE 2ND FLOOR WOMEN'S RECOVERY CENTRE  
served 38 women

38

117

MOTHERS TO BE MENTORSHIP PROGRAM  
served 117 women with a growing wait list

DIAGNOSTICS  
assessed 71 individuals

71

40

COUNSELLING PROGRAM  
served 40 clients

OUTREACH PROGRAM  
served 221 clients and families

221





## THE 2ND FLOOR

### A letter from a 2nd floor client

This letter was given to the 2nd Floor by a woman who was pregnant and stayed in the program for 8 months- almost the entire duration of her pregnancy. When she first joined the program, she was timid and rarely engaged in conversation. During her stay, her confidence skyrocketed! She is an excellent listener and asks thought provoking questions. To assist with developing her parenting skills, she was transferred into our transition unit. She was extremely grateful, stating this was the first time she had a place to call her own.

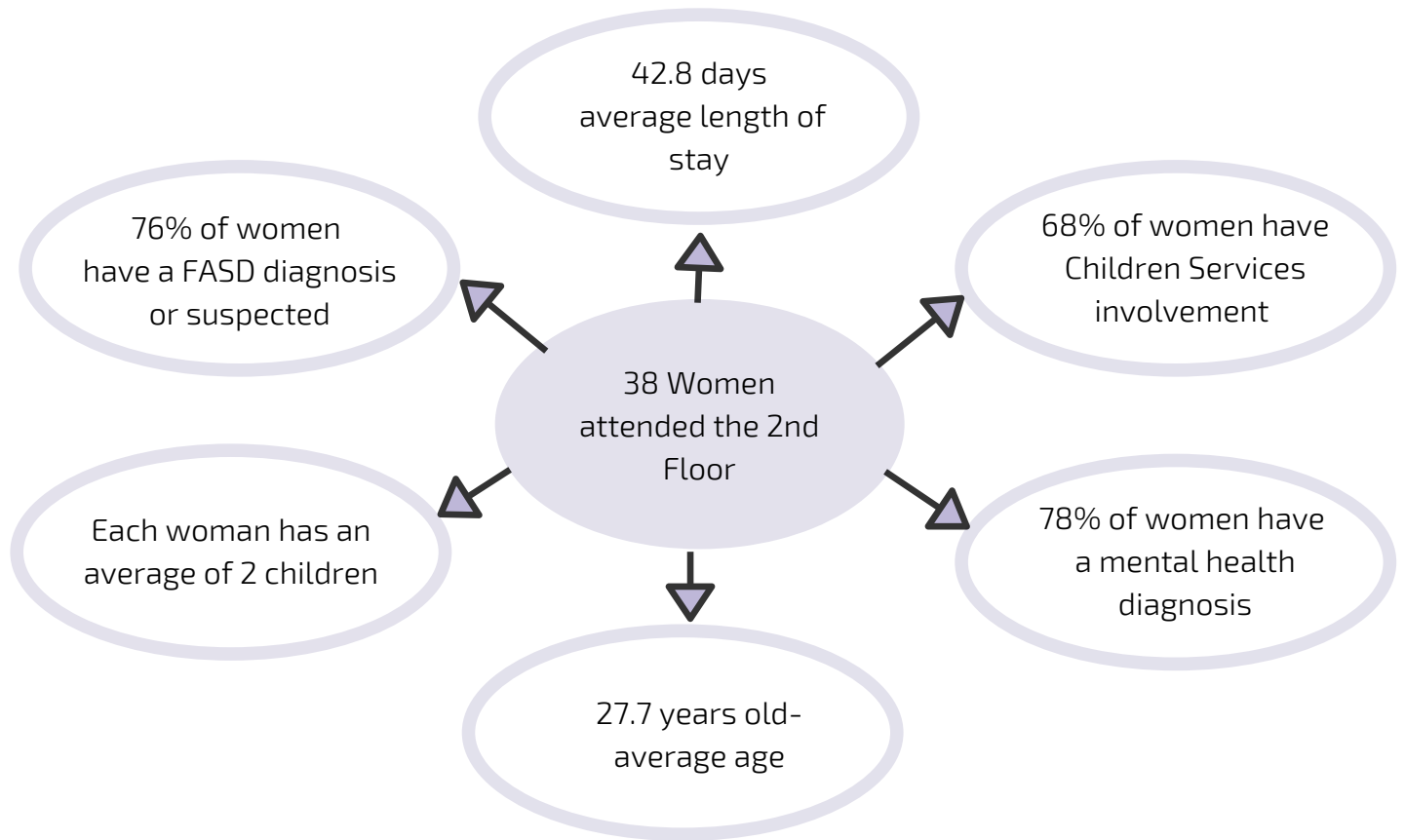
"2nd Floor has many different meanings to many different people, some have said it means coming together in unity, to support one another in our journey on the road to recovery. To others it's a safe place to get away from all the chaos that addiction can bring into our lives. For whatever the reason that brought you to 2nd Floor, it's been here for each and every woman with open arms to help each of us to reach the full potential they know we can in our lives. They give us the stepping stones & building blocks to rebuild our lives. In some cases it means getting our children back or our "freedom" from the courts if we complete the 2nd Floor program, however, some people have come to the program on their own will. But, all the woman that have come here has had their life impacted in such a way that it's like being reborn into the woman we were all meant to be. Like a caterpillar growing into a beautiful butterfly, it gets a new chance in life to make it what it wants to be.

2nd Floor means to me a rebirth & the start of a new life that I was set out to have. If I didn't come to 2nd Floor I wouldn't have had the help & tools to rebuild my life into what I really wanted. Which is to live a simple and happy one. Now, with a baby on the way I couldn't be happier to be building my new life. Without 2nd Floors help & support I know I wouldn't be where I am today. It means sooooo much to me to have a safe and happy place to live until I have my baby. 2nd Floor has helped me grow as a person inside & out which I needed...A Rebirth, A New Life...I am now on my way to becoming a Beautiful Butterfly!!!



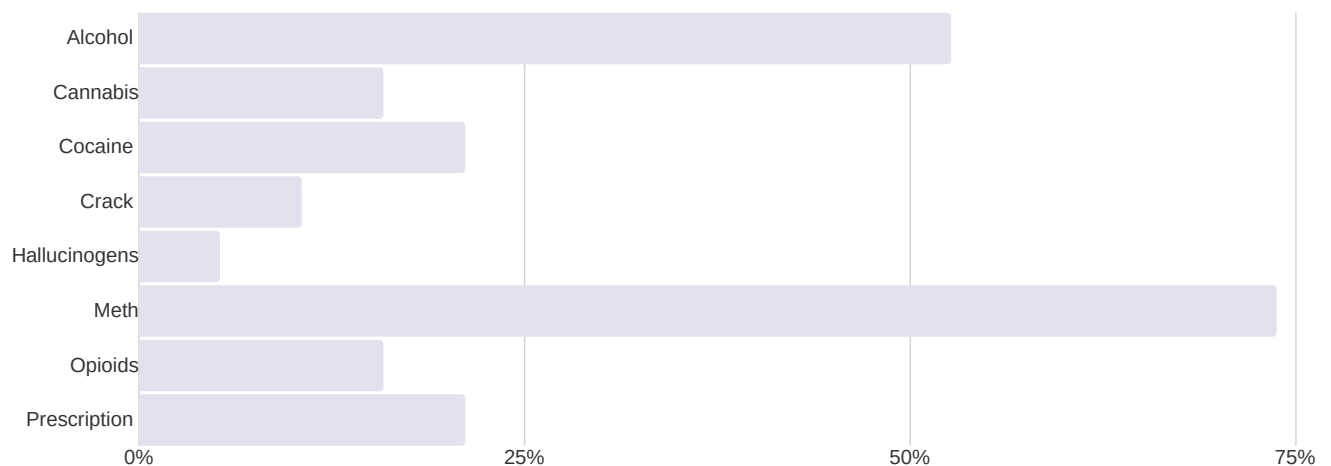
## RESIDENTIAL SERVICES

### THE 2ND FLOOR WOMEN'S RECOVERY CENTRE



There was a 60% increase in referrals for the 2nd Floor.

### DRUG OF CHOICE AT INTAKE





"Friends to keep me  
anchored during my struggle  
with voices and addiction"

\* Art and quote by 2nd Floor client

# MOTHERS TO BE

## A Mentoring Success Story

When Susan started the Mentoring Program, she and her boyfriend, Brian, were using meth an average of 3-4 days a week.

Three months after starting the Mentoring Program, Susan gave birth and the child was placed in Kinship care with a family member.

Susan and Brian made the decision to stop using Meth and they started to work closer with their Mentor. Their mentor helped with securing birth control, applications for housing, completing their outstanding taxes, obtain identification, set up parenting classes and other related programming. They were also accepted for low income housing and Brian started a part-time job.



With a lot of support and guidance of the mentor, Susan and Brian were reunited with their child.

The family is continuing to do well and being the best parents they can be.

# THE PREVENTION CONVERSATION

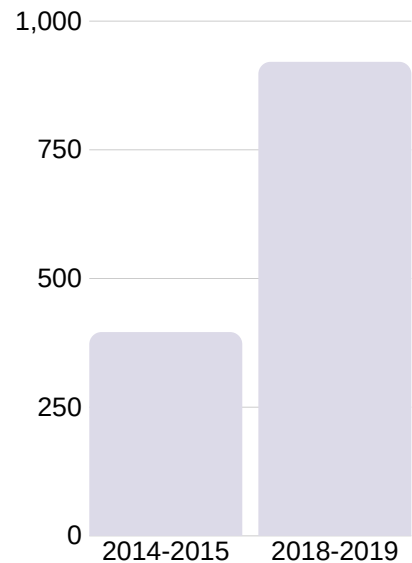
**920** People Trained

**50** Prevention Trainings

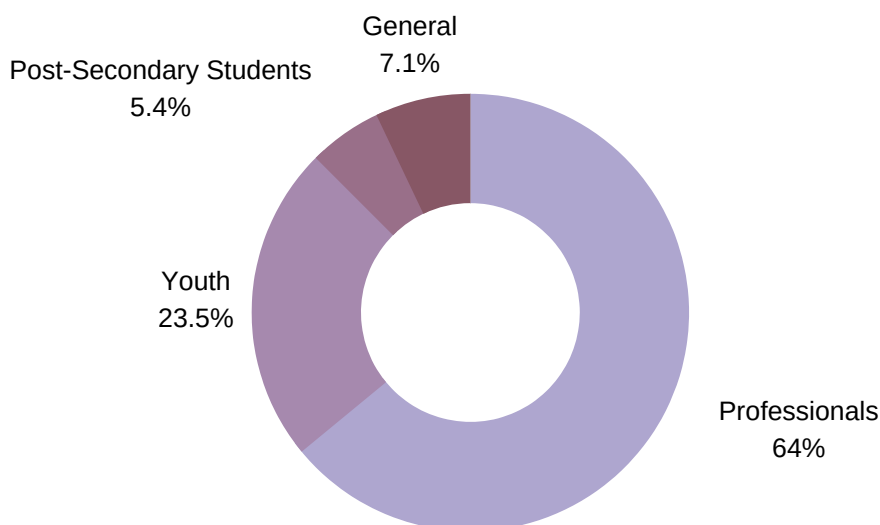
**306** Individual Conversations



**Increased the number of professionals trained**



Our number of participants have significantly increased



We are excited about new partnerships that were formed with other regional groups who share our passion for FASD prevention. The Public Legal Education (PLE) group has partnered with us to host several trainings and make their larger training spaces available to us while distributing our promotional posters. Our combined efforts have resulted in larger audiences and repeat invitations to hold Prevention Conversations with new and different groups of professionals.





# September 9

## Awareness

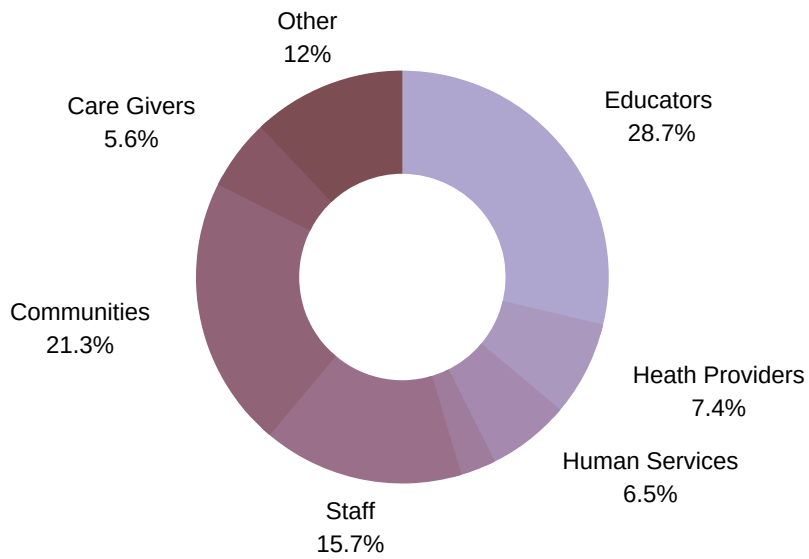
## International FASD Awareness Day

Every year on September 9th, International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day is observed. LCFASD staff along with community members participated in activities and a lunch to bring awareness to FASD within the Lakeland region.



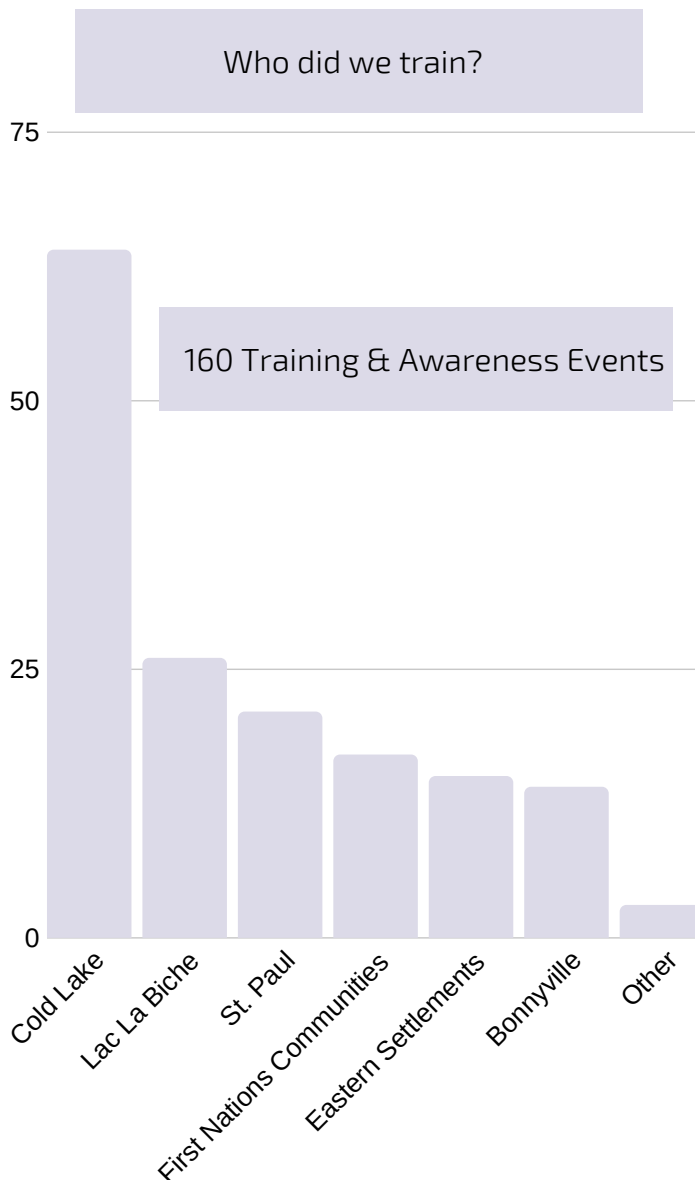
# TRAINING & AWARENESS

Regional



1083

PARTICIPANTS  
AT MOCKTAIL  
EVENTS



# RAJANI & FASD CLINIC TRAINING

Provincial

## INTERNATIONAL FASD CONFERENCE VANCOUVER, BC

The Rajani Clinic Training partnered with CanFASD Research Network and facilitated a National Community of Practice meeting. The event hosted 85 people, representing provinces from New Brunswick to British Columbia.



## ASSESSING BRAIN FUNCTION IN FETAL ALCOHOL SPECTRUM DISORDER

A survey of assessment measures used in Alberta, was recently published in *The Journal of Population Therapeutics and Clinical Pharmacology*.

The Rajani FASD Assessment and Diagnostic Clinic Training Project completed numerous training and presentation events.

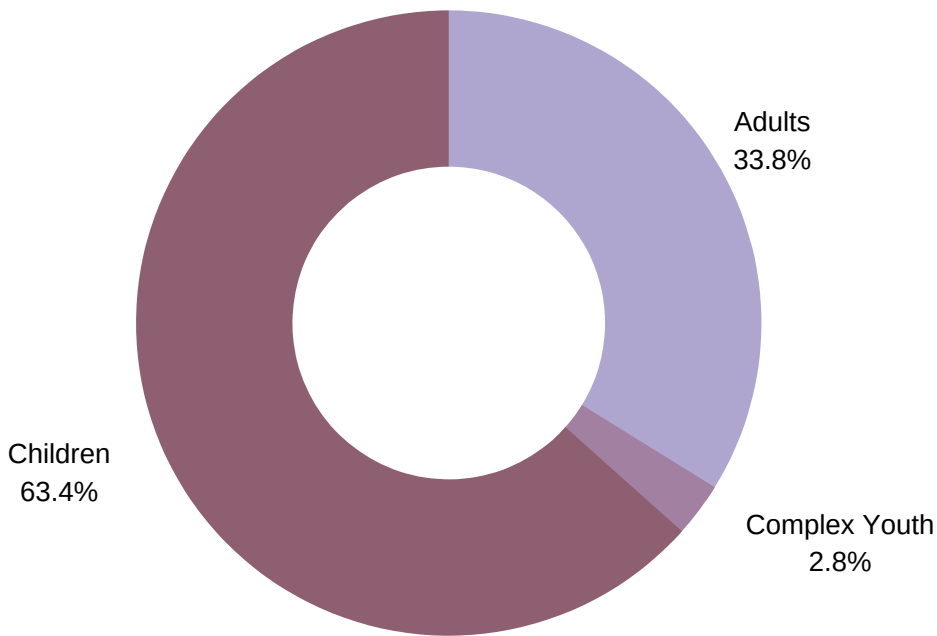
- Edmonton, Alberta
- Red Deer, Alberta
- Calgary, Alberta
- Saskatoon, Saskatchewan
- Vancouver, British Columbia
- Burlington, Ontario



## DIAGNOSTIC SERVICES

Our clinics are possible due to the continued support of our multidisciplinary team members and the in-kind donations from our community partners.

# Thank-You

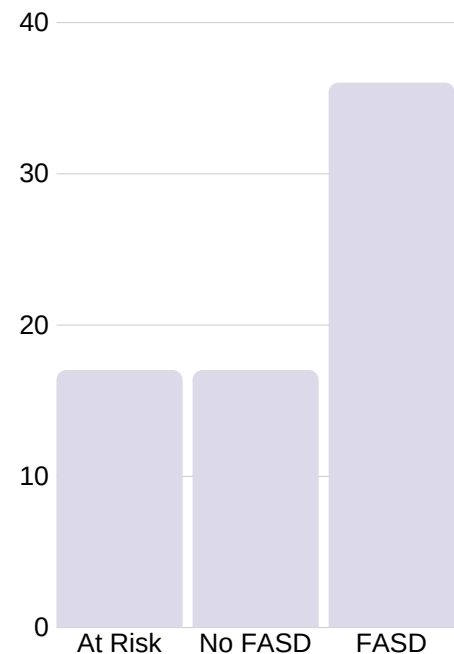


People assessed at LCFASD  
Diagnostic Clinic



- **HIGHEST RECORD** of clients diagnosed
- **DOUBLE** the number of adults attended diagnostic clinic
- **Total clients seen to date: 706**

- At Risk- for Neurodevelopmental disorder associated with Prenatal Alcohol Exposure and FASD
- No FASD- no diagnosis
- FASD- a diagnosis



### *A Success Story*

A family with a mother, father and child came to clinic where both parents received a FASD diagnosis. They now feel that they have more access to service supports and service providers are more understanding and able to help them. The family is now receiving financial assistance and shared they feel well supported.

"We would not have been able to do it without the Lakeland Centre."



**HELP: IT'S WHAT WE DO**

\*Created by a child of a client attending counselling



# COUNSELLING

## A Success Story:

Lindsay completed four months at the 2nd Floor Women's Recovery and was then referred to Lakeland Centre for FASD Counselling program. Lindsay was very motivated and focused on maintaining sobriety to regain custody of her children. With support from the counselling program, she was able to navigate family court, maintain stable housing and attain stable long-term employment all while maintaining sobriety. Lindsay now has all three of her children in her care and is very stable; as her stability improved, the counselling was scaled back with the client knowing that she can access this very needed service for support at any time.





## OUTREACH

### *A Success Story*

Joe came to LCFASD in November 2018 looking for supports after a recent suicide attempt. He struggled with addictions and understanding his FASD diagnosis and he had a breakdown in his living arrangements and lost his job.

His Outreach worker worked closely with Joe and was able to connect him with Income Support and obtain an updated Neuropsychological Assessment to apply for AISH. Joe's worker was able to arrange temporary housing as well as set him up with AHS Addiction Supports.

While waiting to get into treatment, an opportunity to join the Job Core Program came up through Income Support. This program allowed Joe to acquire safety tickets and gain work experience. While participating in Job Core, Joe's AISH was approved and he was allowed to continue with Job Core, which allowed him to make a little extra income on top of AISH.

Job Core stated, *"He pretty much flourished wherever we put him and he did all his work with a smile and great attitude. I have to say though he really needs the loudest alarm clock possible. What a great kid and if no employer snagged him first, he is welcome as a new hire!"*



# Scholarship

## Joanne Lussier-Ring Post-Secondary Education Scholarship

The JLR Scholarship  
was awarded to :  
Colby Benusic

The Joanne Lussier-Ring Post-Secondary Education Scholarship is for students with Fetal Alcohol Spectrum Disorder (FASD) and is named in recognition of Mrs. Joanne Lussier-Ring for her many years of service and dedication to students with FASD.

The Lakeland Centre for FASD recognizes students for their significant achievement of graduating from high school and wanting a post-secondary program.

Successful applicants of the Joanne Lussier-Ring Post Secondary Education Scholarship will receive \$500 to help with the cost of their post-secondary education. The scholarship can be applied to the student's tuition, books or other required materials.



# TRANSITION

## A Success story

The Lakeland Centre for FASD began transition planning with Sarah and her support network in April 2018. Sarah was referred to the program by her LCFASD Outreach Coordinator to provide additional guidance to her and her support network during her transition to adulthood. Sarah had an interest in working with children but didn't know what careers and post-secondary programs were available in the Lakeland area. The Transition Coordinator arranged for Sarah to volunteer in a local elementary school and to complete the Child Development Assistant course as a part of her high school curriculum. The Transition Coordinator also researched post-secondary options for Sarah which encouraged her to pursue an Educational Assistant Diploma and helped her apply for this program and a variety of awards, bursaries and scholarships. Sarah has just completed her first year of post-secondary and is on her way to achieving an amazing career!





# EMPLOYMENT

## A Success Story

Amanda Sibley is connected to the Lakeland Centre's Employment Program. Amanda displayed an interest, along with creative skills in cooking and started a pilot project through the local college with support from the LCFASD Employment Coordinator. Amanda attended school part-time for fall and winter where she obtained a Skills Certificate of Completion. After this success, Amanda enrolled full-time in the Culinary Arts Diploma Program. Upon completion of her first year with assistance from the college and the Employment Coordinator, Amanda started her practicum. In June of this year, Amanda will have her 1st year completed and she is scheduled to start her 2nd year in the fall.



It is important for all children to have camp opportunities and experiences without the fear of rejection...



# SUMMER CAMP

LCFASD launches Sponsor a Kid  
to go to Camp Campaign

27 kids went to camp

Thank-you to our sponsors

EVERY CHILD DESERVES THE  
CHANCE TO GO TO SUMMER CAMP

*"Camp leaders make my  
dreams come true!"*

*-Camper from Boys 7-10 years camp*

**Thank-you to the Government of  
Alberta for the Community Initiatives  
Program Project-Based (CIP P-B) Grant**





## OUR NEW LOOK

"This year we were the lucky recipients of a Community Facility Enhancement Grant and were able to give our building a fresh look!"



## THANK-YOU TO THE GOVERNMENT OF ALBERTA

Community Facility Enhancement  
Program (CFEP) Grant

## CANADIAN NONPROFIT EMPLOYER OF CHOICE AWARD

The Lakeland Centre for FASD is a proud recipient of the 2018 Canadian Nonprofit Employer of Choice Award.

This award recognizes a charitable organization committed to better practices in Human Resources, Management and Leadership.





# SERVICE

We would like to acknowledge our staff who have reached service milestones and thank them for their dedication and hard work.

Thanks to you, we are leaders in our field.



Beverly Towe  
10 Years of Service



Katherine Lobb  
5 Years of Service



Deyne Hogan  
5 Years of Service



Shalon Thir  
5 Years of Service



Bonnie Snaith  
5 Years of Service



Susan Babey  
1 Year of Service

## Thank-You

# AWARDS



Alysia Bernicki  
1 Year of Service



Sandy Boyd  
1 Year of Service



Sanhaluk Downs  
1 Year of Service



Megan Ewing  
1 Year of Service



Louanne Gill  
1 Year of Service



Tia Luedee  
1 Year of Service

Missed Photos:  
Amie Beniuk-5 years  
Della Thaleimer-5 Years  
Tabrina Stenz-5 Years  
Jina Martowski-1 Year  
Samantha Phillips-1 Year  
Ashley Robson-1 Year

## Thank-You



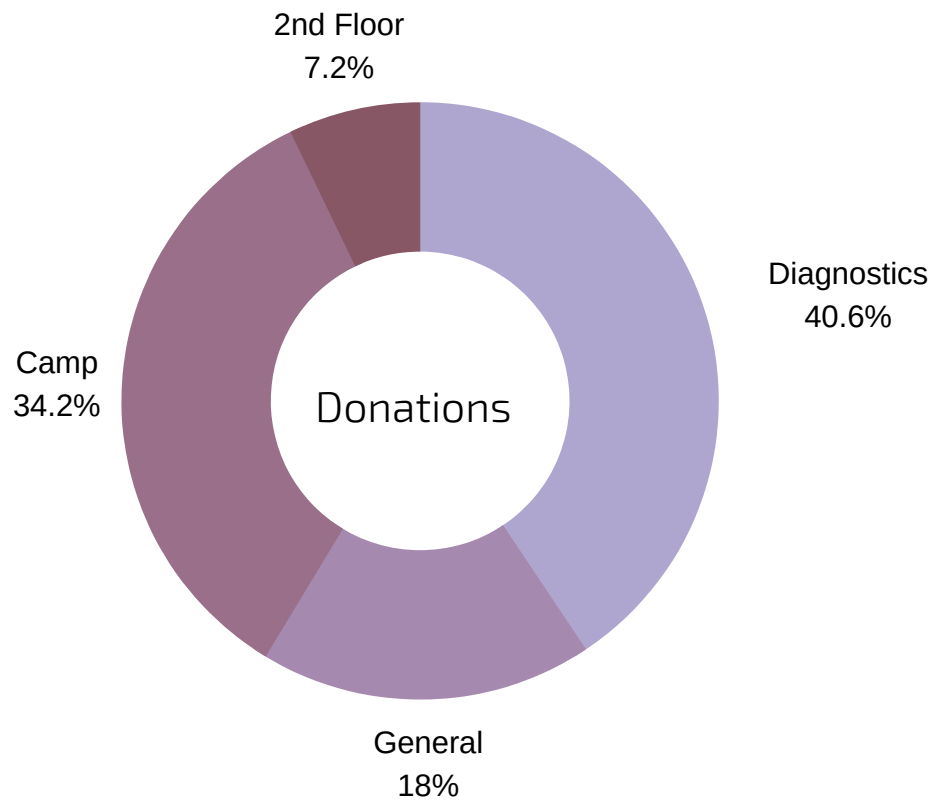
# FINANCIAL SNAPSHOT

## LAKELAND FETAL ALCOHOL SPECTRUM DISORDER SOCIETY

### Statement Of Revenues

March 31, 2018 with comparative figures for March 31, 2017

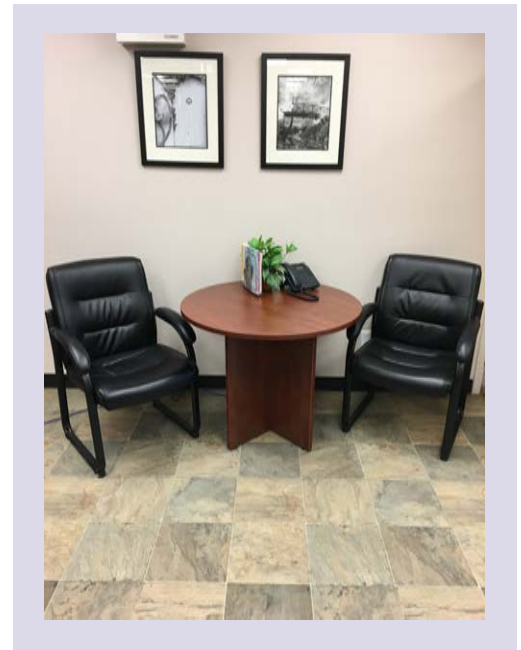
	2018	2017
<b>Revenues:</b>		
Government Contracts & Grants	\$3,548,548.00	\$3,028,715.00
Other Contracts	\$53,561.00	\$404,895.00
Donations	\$13,008.00	\$30,983.00
<b>TOTAL</b>	<b>\$3,615,117.00</b>	<b>\$3,464,593.00</b>
<b>Expenditures:</b>		
Operating Costs	\$1,259,320.00	\$998,660.00
Wages & Benefits	\$2,493,535.00	\$2,370,011.00
<b>TOTAL</b>	<b>\$3,752,855.00</b>	<b>\$3,368,671.00</b>



## OFFICE LOCATIONS

### CONTACT US

We're here to help.



Cold Lake     4823-50 Street  
Bonnyville     4313-50th Ave Unit 257  
St. Paul.       4707-50th Ave  
Lac La Biche 10117-102 Ave



HELP: It's what we do



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