FASD 2024 Prevention & Awareness Month.

September is FASD Awareness Month

International FASD Awareness Day and FASD Awareness Month highlight Fetal Alcohol Spectrum Disorder. First celebrated in 1999, FASD day is devoted to raising awareness of FASD to improve prevention of FASD and diagnosis and support for individuals with FASD.

The Northeast Alberta FASD Network, NEAFAN, delivers consistent, non-stigmatizing, strengths-based messages about FASD, grounded in research. Understanding FASD Prevention involves addressing factors like poverty, nutrition, access to prenatal care, housing, and trauma. By emphasizing societal responsibility, we can create a supportive community for those affected by FASD.

Throughout September, a range of events, campaigns, and initiatives will aim to raise awareness about FASD, support individuals with FASD and their caregivers, and promote healthy pregnancies.

FASD DAY Events:

September 9th from 10 am to 3 pm –Bar-B-Que at Kiyam Community Park Located in downtown Fort McMurray at the corner of Franklin Ave. and Main St.

September 10th from 10 am to 3 pm – Cookies and Coffee in front of the Public Library at Mac-Donald Island.

September 9th - 10th - Evening – Lighting up Red of Saline Creek Pedestrian Bridge and the Mac Island Canopy to support FASD Awareness and Prevention.

FASD Across the Lifespan

Understanding Long-Term Effects and Support Options

Fetal Alcohol Spectrum Disorders (FASD) are lifelong conditions that affect individuals in varying ways, from infancy through adulthood. Understanding the long-term effects of FASD is crucial for providing appropriate support at every stage of life.

Children with FASD often face learning challenges, including difficulties with memory, attention, and problem-solving. As they grow, these issues can translate into academic struggles, social challenges, and, in some cases, mental health disorders such as anxiety or depression. Without proper support, individuals with FASD may encounter difficulties in maintaining employment, forming relationships, and living independently.

Support for individuals with FASD must be continuous and adaptive. Early childhood interventions, such as special education services and behavioral therapy, are essential. As individuals enter adolescence and adulthood, vocational training, life skills coaching, and mental health support become increasingly important.

Family support is another critical aspect of long-term care. Families of individuals with FASD often need guidance on how to manage behavioral issues, navigate the educational system, and access community resources.

By providing lifelong support tailored to the unique needs of individuals with FASD, we can help them lead fulfilling lives. It's essential that communities, healthcare providers, and policymakers work together to ensure that these individuals have access to the resources they need throughout their lives.

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Let's Talk

The Prevention Conversation

It's time to talk about alcohol and pregnancy

Amy Tobin, B.Ed, is the FASD Prevention Conversation Facilitator with NEAFAN (Northeast Alberta FASD Network) and an adoptive mother of two. Prior to motherhood, she was an elementary school teacher with the Fort McMurray Public School District for six years. Her passion for FASD, and its prevention, began nine years ago when she became a mother through adoption and was introduced, personally, to the beauty and perplexity of parenting those with prenatal alcohol exposure. Since then, she has dedicated much of her time to learning about, and educating others, on the effects of alcohol during pregnancy and Fetal Alcohol Spectrum Disorder. Her approach is one that takes into consideration the complexities that adoption, generational, and cultural trauma can play within FASD.

Prevention Conversation

The Prevention Conversation program aims to raise Awareness and Prevention of FASD among target populations including Healthcare and Social Service Providers, Women of Childbearing Age(18-45), Partners, Families and Friends.

The Project is geared towards highlighting the importance of screening all women in child bearing age for alcohol use and risks associated with FASD, improveing supports for these women, and promoting involvement of community members and primary care providers.

The Prevention Conversation is aimed at encouraging a community wide awareness of FASD and prevention, developing the skills within the community to engage in non-judgmental, empathetic conversations about alcohol use during pregnancy.

The project is centered around increasing our knowledge of FASD and training service providers on the use of screening tools to engage women in the Prevention Conversation.

To book a Prevention Conversation presentation, please contact:

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NEAFAN
Northeast Alberta FASD Network

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