


# NORTHWEST CENTRAL FASD NETWORK

## Year in Review, 2020

This has been a very different year for NWC FASD. Covid has changed how we do many things. Although difficult at times we are proud to say we have adapted very well. We never stopped our clinics or serving our clients; at times we were the only ones our clients could rely on. We


learned many terrific things during these challenging times, the biggest being that our clients are even more resilient than we could have ever hoped for. We will be keeping changes like Zoom trainings and meetings, Zoom formulation for adult clinic and digital format for most of the pediatric clinic.



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Change. One conversation at a time.

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Celebrating Success is the theme of our Year in Review. Please enjoy the stories we share about our wonderful, resilient and successful clients.

After a client had received an FASD diagnosis, she started researching on her own the FASD Brain and tried to understand why she does the things she does. She joined a mom's group and during a session where there were 7 moms present, this client with FASD talked about FASD to the group and explained it and answered questions. After the group sessions ended, 2 moms came to her and asked where they could go for support as they both disclosed they each had drunk during pregnancy and now thought their children showed symptoms of FASD behavior after listening to her talk.

Two sister's goal when I met them was to have an FASD assessment done. We started with their paperwork and drove them into the city for their appointments. Shortly after their clinic appointments they both received their diagnosis of FASD and we went ahead with filling out paperwork for AISH. Just recently they have both been approved for AISH and have a bit of financial security and peace of mind. It has been nice to see the process through from the beginning.

Another success story includes finding housing for one family. The family was couch surfing while caring for a young child. The FASD support staff advocated for the family and they were able to find secure housing. Both parents were assessed for FASD and were supported in their applications for AISH. The couple is very thankful to have a home of their own and to have their family together under one roof.

#### Graduated during a pandemic

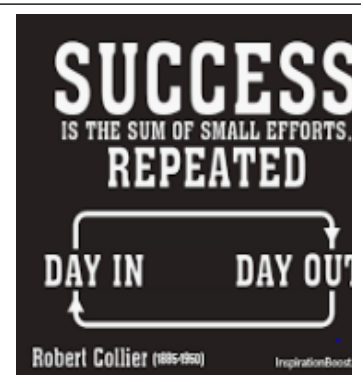
Client continued to persevere through the pandemic, and finish her grade 12 social and art. The mentor and client brain stormed different ways she could express art and she ended up doing it through make up. Client and mentor worked on mental health strategies, and her natural supports that could help and guide her. Although this was not her ideal way of graduating, she persevered and made it through and received her diploma.

The client was having difficulties accessing resources. The worker at the time was denied access to the hospital to support with the delivery and hospital care of the mother/child due to the father continuously trying to interfere in the process. The father was not in the life of the mother at the time and she was choosing not to have him involved. The worker and supervisor had to advocate with the hospital to allow the worker to have access. After a lot of work with the hospital, an exemption was made to allow the worker and the father to both have access to this client. Outcome resulted in the baby being born happy and healthy (after a short detox period) and the father and mother trying to resume their relationship in a positive way.

An individual came into the program after moving into the community to connect with her roots. The individual had been trying to get an FASD assessment for years, but she had not been successful in following through in filling out the paperwork to get an assessment. Through her commitment, we worked together so she was able to get an assessment and receive a diagnosis of FASD through the NWCFASD Network. She has recently been approved for AISH and this steady income will provide her with more opportunities for stability in the future. We are happy to report that she has been able to reconnect with her cultural heritage.

Client who is 57 years old was recently diagnosed with FASD and has now been approved for AISH. Client now recognizes what FASD is and understands how having this support has benefitted her. Client has also opened up and shared that she drank while pregnant with 3 of her children and knows they need support as well.

PCAP mentor and mom struggled to start a new relationship during Covid this summer. With constant and consistent contact from the PCAP Mentor, this family is actively involved in the program. Here is a quote from the mentor, "This little family is doing very well advocating for themselves, staying safe in Covid, and supporting their oldest child at kindergarten."



WELCOMING OUR NEW PARTNERS  
IN SUPPORT, CATHOLIC FAMILY  
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"RAPID ACCESS COUNSELLING" .  
IMMEDIATE AND ACCESSABLE  
COUNSELLING FOR  
RURAL RESIDENTS OF ALBERTA

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and Webpage to view our new  
Youtube training videos for our In  
Reach Project.

[www.nwcfasd.ca](http://www.nwcfasd.ca)

### **Rapid Access Counselling**

Change. One conversation at a time.

With Rapid Access Counselling, you can have a supportive, change-focused conversation from anywhere in Alberta. Reach out as an individual, couple, or family. Appointments are available Monday to Friday by secure video or phone.

For details and booking, visit [www.CommunityConnectYYC.ca](http://www.CommunityConnectYYC.ca) and click Rapid Access Counselling, or call [1.877.244.2360](tel:18772442360).

### **Is Rapid Access Counselling for me?**

The service is for everyone and offers a supportive and change-focused conversation that could help you resolve a current stressor or move through an ongoing struggle. If that sounds helpful, you can book an appointment as an individual, couple, or family.

### **What is Single Session Counselling?**

Rapid Access Counselling recognizes that one session is often enough. Single Sessions are designed to make a difference with the most pressing thing for you right now and are booked one at a time. You choose when and if to book again. 85% of our clients report their level of hopelessness, anxiety and distress are reduced after just one appointment.

### **What can counselling help me with?**

We can support you with various concerns, including parenting, relationships, mental health, grief, stress, and more. If you're not sure if Rapid Access Counselling is for you, contact our Family Engagement and Resource Team. They can talk you through the next steps before or after a counselling session. Reach them at 403.233.2360 in Calgary or toll-free at 1.877.244.2360 from anywhere in Alberta. You can also reach them by email at [intake@cfs-ab.org](mailto:intake@cfs-ab.org).

**What is a change-focused conversation?** During your 75-minute appointment, we'll work with you to assess what conversation we need to have. The change-focused part means we'll help you identify solutions, build on your existing strengths, and guide you to deal with what's troubling you. You'll leave the session with strategies you can continue using on your own.

### **How long will I have to wait?**

We're ready when you are. Our online booking service ([www.CommunityConnectYYC.ca](http://www.CommunityConnectYYC.ca)) lets you see all the available appointments. With multiple daytime and evening spaces from Monday to Friday, you can usually book one within a week.

**What does Rapid Access Counselling cost?** For Rapid Access Counselling, we invite you to pay what you can afford. You choose a session fee that is comfortable and manageable for you. We trust you know your circumstances best, and we won't let cost to be a barrier to support. Typically, clients with insurance pay the full fee (\$185) until their benefits run out. Then they pay what they can afford.