Success through Advocacy and Role Modeling (STAR): A community-based FASD prevention program and support for wellbeing in a Manitoba First Nation community

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Acknowledging our hosts

We acknowledge that we are on the homelands of the Squamish and Musqueam First peoples of Vancouver.

We thank them for welcoming us to their territories.
Conflicts of Interest Declaration

We have no conflicts of interest or financial affiliations to declare
Learning Objectives

1. To share about FASD programing in Manitoba First Nation communities including program design, organization, rationale and general outcomes.

2. To share about the implementation and successes of the FASD program in Nisichawayasihk Cree Nation (aka Nelson House First Nation).
Manitoba First Nations STAR-FASD Team
Nisichawayasihk Cree Nation (NCN)

Located about 850km North of Winnipeg Manitoba.

About 80km North West of Thompson Manitoba

Over 4,500 community members
NCN Family and Community Wellness Centre
Introduction: What is known

Higher incidents of Fetal Alcohol Syndrome Disorder (FASD) and alcohol related birth defects have been reported in Indigenous communities across Canada (Pei et al 2019; McLahan et al 2019; Banerji & Shah 2017; Masotu et al 2015).

(Banerji & Shah, 2017; Brownell, Enns, Hanlon-Dearman et al., 2018; Devlin, 2001; Masotti, Longstaffe, Gammon et al., 2015; McLachlan, McNeil, Pei et al., 2019; Pei, Carlson, Tremblay, & Poth, 2019)
About the STAR-FASD program

VISION
To prevent pre-natal alcohol and or drug exposure and thereby reduce the number of affected babies through effective relationships with mentors, families and community resources.

OBJECTIVES

1. To offer support to at risk pre and postnatal women, engage in harm reduction strategies e.g. alcohol abstinence

2. To support healthy pregnancies, provide safe and healthy environment and improved quality of life for women and their children.

3. Encourage healthy living for mothers and children for up to 3 years,

4. Provide links to available resources in the community.

This is a funded community-based program
STAR-FASD program: Beliefs and Values

Community-based
Relationships-based
Client-centered
Strength-based
Evidence based
Program approach: How we do what we do

Target Population

Voluntary Participation

Women of child bearing age
Have used or are at risk of using substances during pregnancy
Currently pregnant up to 1 year post-partum
Poor connection with services
Who we serve

Our primary clients – the women that we support directly

Our secondary clients – their children, dependents and the men in their lives

Our tertiary clients – family members, parents, grandparents, and extended family who are often their primary caregivers
Service delivery strategy

1. **Family ties** – strengthening connections.
2. **Spiritual and traditional practices.**
3. Sense of **belonging and identity** (reduce stigma).
4. Meeting **practical needs**.
5. Coordinated **access** to additional resources within and outside the community using our “Circle of Care” model (e.g. referrals to physicians and specialists).
Activities

Awareness

Education
Ongoing Evaluation for program improvement

A content review of our program design/standard and logic model to ensure the original goal and objectives of the program are being met.

Qualitative interviews with program manager, coordinator, staff and clients. In-depth interviews with primary, secondary and tertiary clients are being completed.

Observation of relationship between staff and clients.

Manual coding of data and additional coding using Nvivo software

Standpoint analysis is conducted to determine themes from workers and clients.
Current Results

CLIENTS

- Relationships
- Acceptance
- Safety
- Referrals

MENTORS

- Advocacy
- Access
- Protection
- Resources
- Modeling
Program limitations

01
1. Lack of proper diagnosis of (First Nation) patients in Manitoba

02
2. Need for increased capacity (training, education and awareness) on FASD in non-medical and medical community-based programs
Conclusion

Applying participant oriented, experience-based, culturally responsive mentoring with spiritual and emotional supports is the key in supporting clients living with FASD in First Nation communities.
References


Fetal Alcohol Prevention Program (2018) Success Through Advocacy and Rolemodeling (STAR) Regional Program Standards. Manitoba
Ekosani
Inspirational Song

Gonna take it one day at a time