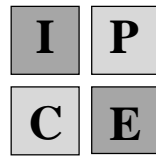




**Interprofessional Continuing Education**  
 The University of British Columbia  
*A Team Approach to Learning*



**Presents:**

**Third National Biennial Conference on  
 Adolescents and Adults with  
 Fetal Alcohol Spectrum Disorder**



***FASD and Mental Health: The Wisdom of Practice***

**April 9-12, 2008**

**The Coast Plaza Hotel and Suites at Stanley Park  
 1763 Comox Street  
 Vancouver, B.C. Canada**

***In Collaboration With:***



**CONNECTIONS:**  
 Serving Adolescents and  
 Adults with FASD



Ministry of  
 Children and Family  
 Development



Public Health  
 Agency of Canada

Agence de santé  
 publique du Canada

# GENERAL INFORMATION

Adolescents and adults with FASD have a high frequency of emotional and behavioural problems that can range from difficulty coping with life's challenges to severe psychological and psychiatric disorders. In the absence of empirically validated effective treatment approaches, professionals and caregivers have been developing a "Wisdom of Practice" response to both the unique and common needs of individuals, their families, and service providers. This conference will highlight what has been shown through this "Wisdom of Practice" to be most effective in the diagnosis and treatment of mental health issues in individuals with FASD, and treatment and support for their families and service providers. This conference will also focus on enhancing creative approaches to support treatment and program planning with the goal of effective policy development and implementation.

## Who Should Attend

This conference will be essential for those living or working with adults with FASD. It will also be of critical interest for those supporting adolescents with FASD and planning for their futures. It will be of particular interest to the following professionals/individuals:

- ♦ adult educators
- ♦ alcohol & drug workers
- ♦ corrections workers
- ♦ counsellors
- ♦ elected officials
- ♦ employment services
- ♦ facility administrators/managers
- ♦ First Nations, Metis and Inuit communities
- ♦ financial aid workers
- ♦ housing officials/providers
- ♦ individuals with FASD
- ♦ judges
- ♦ lawyers
- ♦ mental health specialists
- ♦ nurses
- ♦ parents, family members, and caregivers
- ♦ physicians
- ♦ police officers
- ♦ policymakers
- ♦ private/public funders
- ♦ program providers
- ♦ psychologists
- ♦ researchers
- ♦ social service providers
- ♦ social workers
- ♦ vocational rehab service providers

## Conference Objectives

Participants can expect to:

1. Understand the primary effects of prenatal brain injury on adolescent and adult mental health and the secondary effects on the individual with FASD, his/her family and the community.
2. Share the wisdom of practice that informs promising approaches to more effective treatment and support of the mental health needs of individuals with FASD and their families.
3. Learn about emerging ways to better meet the complex needs of individuals with FASD and their families.
4. Learn from those with the lived experience.

## Location

**Coast Plaza Hotel and Suites**, 1763 Comox Street, Vancouver, BC Canada

Telephone: (604) 688-7711 or Toll free in North America: 1-800-663-1144. Fax: (604) 688-5934.

Online reservations: [www.coasthotels.com](http://www.coasthotels.com) Online Booking Code: **CPS-GFC 2299**

Please make your own reservation by calling the hotel directly. **Identify yourself with the Adults with FASD 2008 Conference.**

Hotel tax of 10% and GST must be added to all rates.

Rates: **\$130** single, double or twin occupancy  
**\$160** one bedroom suites (single, double or triple occupancy), additional person \$20, children under 18 stay free in same room as parents (max. applies).

A block of rooms has been booked and will be held at the conference rate until **March 1, 2008**.

The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

## Parking

- ♦ Conference Hotel ..... \$12.00 per day.
- ♦ West End Community Centre, 870 Denman (entrance off Haro) ..... \$4.50 - \$5.00 per day (\$1 coins accepted)

## Bursary Available

A bursary to cover tuition fee is available for parents of adolescents and adults with Fetal Alcohol Spectrum Disorder and service providers who live in the remote & rural areas of British Columbia.

Please fax a completed registration form, along with a letter explaining financial need & how attending this conference will benefit you, to 604-822-4835.

# GENERAL INFORMATION

## Registration

Please see registration form attached to this program brochure for full listings and details. The conference fees are in Canadian funds (CAD). Fees include conference materials, lunches and refreshment breaks.

### Four Ways to Register!

- **On the web:** [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
(MasterCard and Visa only)
- **By telephone:**  
Local/International: (604) 822-6156  
Toll free within Canada/USA: 1-877-328-7744

- **By Fax:** (604) 822-4835  
(MasterCard and Visa only)
  - **By mail** with a cheque, purchase order or credit card. (MasterCard and Visa only)
- Please see registration form for more details.**

**Registration before March 26, 2008 is strongly recommended** to ensure you receive all conference materials.

## Refund and Cancellation Policy

Refunds will be made (less a \$50.00 processing fee) if written notice of withdrawal is received by **April 1, 2008**. No refunds will be granted for withdrawal after that date.

Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund less a \$50.00 handling charge will be returned.

## Certificate of Attendance/Credits

A Certificate of Attendance will be prepared for all registrants listing pre-approved continuing education credits.

UBC Interprofessional Continuing Education is approved by the **Canadian Psychological Association** to offer continuing education to psychologists.

UBC Interprofessional Continuing Education is approved by the **National Board of Certified Counsellors** (Approved Continuing Education Provider #6252).

## Conference Contacts

For enquiries regarding the program, registration or exhibiting, please contact the Department of Interprofessional Continuing Education at the University of British Columbia by calling 604-822-2801 or emailing [ipinfo@interchange.ubc.ca](mailto:ipinfo@interchange.ubc.ca)

## Financial Assistance or In-kind Support

We would like to acknowledge with special appreciation the financial support from:

- **BC Women's Hospital & Health Centre**
- **Ministry of Children and Family Development**
- **Public Health Agency of Canada**

## Planning Committee

### Jan Lutke

Conference Chair; Clinical Research Manager, Canada Northwest FASD Research Network; Senior FASD Consultant, Connections: Serving Adolescents and Adults with FASD, Surrey, BC

### Tina Antrobus

FASD Consultant, Connections: Serving Adolescents and Adults with FASD, Port Moody, BC

### Elizabeth Bredberg

Education Consultant, Sunny Hill Health Centre for Children, Vancouver, BC

### Brenda Knight

Registered Psychologist, Private Practice, Vancouver, BC

### Jeri Keough

Parent, Victoria, BC

### Kim Lane

Doctoral Candidate, McGill University; Psychology Intern, Saanich Child and Youth Mental Health, Victoria, BC

### Elaine Liao

Director, Interprofessional Continuing Education, University of British Columbia, Vancouver, BC

### Jenelle McMillan

FASD Consultant, Clearwater, BC

### Nathan Ory

Registered Psychologist, Private Practice, Cobble Hill, BC

### Pat Richardson

Parent, Kelowna, BC

### Bob Steeves

Parent, Surrey, BC

### Marsha Teichman

FASD Consultant, Connections: Serving Adolescents and Adults with FASD, Aldergrove, BC

### Kee Warner

Founder/Executive Director, Whitecrow Village FASD Society, Nanaimo, BC

**8:00AM Registration & Exhibits Open**

## MORNING SESSION

**9:00AM - 12:30PM**

### **Caregiver Self-Care: Managing Compassion Fatigue**

**Dr. Don R.J. Castaldi**

*Co-Founder, SIVA Safety Management Program, Vancouver Island; Consulting Director Forensic Clinical Services, Center for Contextual Change Ltd. Chicago IL; Contractual Consultant Developmental Disability Mental Health Team VIHA and Community Living British Columbia, Central / North Vancouver Island, Nanaimo, BC*

The following session focuses on the issue of caregiver self-care and the management of compassion fatigue as it relates to both caregivers and professionals. Caregivers and mental health professionals are vulnerable to feeling undervalued, overextended, and isolated in their efforts to support individuals with FASD, and may find it difficult to maintain enthusiasm, acceptance, and compassion.

Safety and trust can only be maintained by healthy caregivers. Being a caregiver can be very rewarding, but it also contributes to a vulnerability to overextending emotionally and physically, leading to low tolerance for distress, depression, and an erosion of compassion for others.

Compassionate professionals working with clients with FASD, after hearing about trauma, violence, and abuse daily, can feel the same symptoms, become haunted by memories, have sleep difficulties, and suffer from exhaustion and depression.

They can begin to feel used-up and burned-out, gradually finding that their own quality of life is deteriorating.

During this workshop participants will learn how to identify their vulnerabilities to compassion fatigue and how to develop resilience through self-care.

**12:30PM Lunch (provided) & Exhibits Open**

## AFTERNOON SESSION

**1:30PM - 5:00PM**

The following sessions are a continuation of the morning session on compassion fatigue. Through separate facilitated discussions, caregivers and professionals can process the information presented in the morning session, and have an opportunity to express any thoughts or feelings that arise. Discussions will focus on the development of strategies for preventing and managing compassion fatigue.

### **PM1 For Professionals**

**Facilitator: Paula Stanghetta**

*Trainer, Facilitator, Paula Stanghetta & Associates Inc, Kitchener, ON*

This session will provide an opportunity for professionals to discuss compassion fatigue as it relates to both themselves and to the clients they support. Participants are invited to bring examples of how compassion fatigue manifests itself and offer strategies they have used.

### **PM2 For Caregivers**

**Facilitator: Dan Dubovsky**

*MSW, FASD Specialist, SAMHSA FASD Center for Excellence, Rockville, MD*

This session will provide an opportunity for caregivers to reflect upon the information that was presented and shared in the morning session. The focus of this time will be an open discussion of how compassion fatigue impacts people on a day to day basis and strategies that people have used to keep going and growing. Sharing positive experiences of raising and supporting individuals with an FASD will be encouraged as well as methods for acknowledging and responding to warning signs of compassion fatigue as early as possible.

**"Knowing is not enough; we must apply. Willing is not enough; we must do."**

*Goethe, German philosopher*

**8:00AM Registration & Exhibits Open**

**8:30AM Welcome & Opening Remarks**

Jan Lutke, Conference Chair

**8:45AM Introduction - I Am Glad That You Are All Here**

**9:00AM Plenary: "FASD Does Not Exist in Isolation: Psychiatric Co-morbidity in FASD"**

Caron Byrne, BA, MSc, MD, Senior Consultant Psychiatrist, Developmental Disability Mental Health Team, Vancouver Island Health Authority; Clinical Assistant Professor, Department of Psychiatry, Faculty of Medicine, The University of British Columbia, Vancouver, BC

**Plenary: "Dual Diagnosis, Developmental Disability and Psychiatric Disorder in FASD. The Challenges of Transgenerational Clinical Management."**

Kieran D. O'Malley, M.B. B.Ch. B.A.O. D.A.B.P.N, Consultant Adolescent Psychiatrist, Belfast Trust, Young People's Centre, Belfast, Northern Ireland

**10:30AM Refreshment Break & Exhibits Open**

**11:00AM CONCURRENT SESSION A**

**CONCURRENT SESSION A**

**11:00AM - 12:30PM**

**A1 Modifying Individual Therapy with Clients with FASD and Co-occurring Mental Health Disorders**

Repeated: Concurrent Session D4

Susan Opie, B.S.W., M.S.W., R.S.W., Therapist, Macdonald Youth Services, Winnipeg, MB

This presentation will look at modifying therapeutic treatment for individuals with FASD and co-occurring mental health issues such as depression, self-injurious behaviours, suicidal ideation and gestures, substance abuse, and attachment issues. Issues such as building relationships, accommodating for neurodevelopmental differences, creating visual or tactile modifications, utilizing client strengths to provide therapeutic responses, and professional client boundaries will be discussed.

**A2 Our Journeys Toward Mental And Emotional Well-Being With FASD: It's A Spectrum**

Panel of adults with FASD associated with Whitecrow Village

As Team Leaders of Whitecrow Village, we are intentional about our mental health. We discuss what is required of us as individuals and as a group to maintain and enhance our mental health. We find ways to make these requirements concrete. While we are not always successful, we recognize that two steps forward and one step back is still progress. In this presentation, panel members will share the discoveries we have made along our journeys.

**A3 A Matter of Life or Death: Establishing Therapeutic Alliances is Not Just a "Nice" Thing to Do**

Dan Dubovsky, MSW, FASD Specialist, SAMHSA FASD Center for Excellence, Rockville, MD

The essence of positive outcomes for individuals is forming therapeutic alliances. The essence of a therapeutic alliance is relationship. Unfortunately, in our efforts to provide quality treatment within limited time frames, we sometimes lose sight of this fundamental notion. The core of this workshop is a discussion of what has and has not been helpful from the point of view of a consumer of services and his family over a 20-year span of interactions with systems, programs and people. Specific examples to illustrate these points will be shared. Methods of building therapeutic alliances within the constraints of current service provision, as well as methods to address the need for time to establish these alliances, will be discussed. Recommendations will be offered that can improve working relationships between persons with disabilities, families, and professionals, enhance the outcomes of treatment, and are extremely cost effective. Attendees will be encouraged to discuss specific situations and brainstorm ways of enhancing alliances.

**A4 Sexuality and Individuals with FASD – More than Biology**

Mary Harber-Iles, BSW, MSW, Assistant Professor, School of Social Work and Human Service, Thompson Rivers University, Kamloops, BC

Sexuality is more than biology! This interactive session will examine values and beliefs that interfere with a positive sexual identity and how support systems can become open, flexible, and creative. Participants will learn what to address, strategies for teaching concepts and available resources. Bring an open mind and a sense of humour!

**A5 Successful FASD Education and Retraining Programs for Adults**

Mary Cunningham, P.H.Ec. FASD Educator and Advocate and FASD Ontario, Lead - Intervention and Support Group, Kitchener, ON

Many older individuals with FASD 'go back to school' looking for the positive self-esteem and employment opportunities offered by success in adult education. Most of these older adolescent or adult students dropped out of school early. This common and early secondary effect of FASD measurably adds to their mental health burdens. Anecdotally, success in adult re-education/training programs is connected to improved mental health for individuals with FASD. Learn to structure your adult program for success in this presentation.

**A6 Addicted to Your Brain: Sensory Seeking & Arousal Addiction**

Repeated: Concurrent Session B4

Kim Barthel, BRM, OTR, Occupational Therapist, Victoria, BC

Some individuals with FASD exhibit addictions to violence, extreme sexuality and danger-seeking activities. This session will explore the connection between neuropathology, sensory processing and arousal seeking addictive behaviors. Sensory processing strategies will be highlighted as a component of behavioral intervention.



## CONCURRENT SESSION A - continued

11:00AM - 12:30PM

**A7 Community Support Group Volunteer Program: A Model for Increasing Agency Capacity to Serve Youth and Adults Living with FASD, Mental Health Issues and Addiction****Andrew Boyd**, *Executive Director, Westcoast Genesis Society, New Westminster, BC***Pamela Sesk**, *Community Support Group Volunteer Program Coordinator, Westcoast Genesis Society, New Westminster, BC***Anna McCormick**, *Counsellor, Westcoast Genesis Society, New Westminster BC*

Tailored after a restorative justice model, volunteer Community Support Groups offer a practical way for busy agencies to engage their community in addressing the multiplicity of ongoing needs of individuals living with FASD, mental health issues and addiction. Learn about an effective model that has been implemented by the Westcoast Genesis Society in New Westminster.

**12:30PM Luncheon Break (provided) & Exhibits Open****1:30PM Plenary: "Prenatal Alcohol Exposure in an Animal Model: Fetal Programming and Implications for Vulnerability in Adulthood"****Dr. Joanne Weinberg**, *Professor and Distinguished University Scholar, Department of Cellular & Physiological Sciences, The University of British Columbia, Vancouver, BC***3:00PM Refreshment Break & Exhibits Open****3:30PM CONCURRENT SESSION B**

## CONCURRENT SESSION B

3:30PM - 5:00PM

**B1 Lethbridge Community Justice Project – A Partnership for the Awareness, Education, and Management of FASD****Mark Waage**, *FASD Community Justice Project Officer, Community Resource Unit, Lethbridge Regional Police Service, Lethbridge, AB***Donna Debolt**, *B.S.W., R.S.W., Debolt Consulting, Training and Support Services - FASD, Edmonton, AB*

The Community Justice Project is a partnership of service providers created to increase awareness and management of Fetal Alcohol Spectrum Disorder (FASD) within the criminal justice system. The purpose of the project is to influence change in the criminal justice system through mentorship, education and training about FASD and related effects.

**B2 Quality of Life and Psychosocial Profile Among Young Women with Fetal Alcohol Spectrum Disorders: A Community Intervention Response****Therese Grant**, *Ph.D., Director, UW Fetal Alcohol and Drug Unit, Director, WA State Parent-Child Assistance Program, Associate Professor, University of Washington School of Medicine, Dept. Psychiatry and Behavioral Sciences, Seattle, WA, USA***Janet Huggins**, *Ph.D., Clinical Psychologist, UW Fetal Alcohol and Drug Unit, Seattle, WA, USA*

Presenters will describe their work studying the mental health, psychosocial functioning, and quality of life of 19 young women diagnosed with FASD or suspected FASD. They will share lessons learned in developing a community intervention to treat, support, and meet the complex needs of these women.

**B3 Belonging. Such an Achingly Simple Word: Mentoring and Circles of Support for Youth and Adults****Beverly Palibroda**, *Communications Coordinator, FASD Support Network of Saskatchewan, Inc., Saskatoon, SK***Megan Wood**, *Mentor-Advocate, FASD Support Network of Saskatchewan Inc., Saskatoon, SK*

Disconnection from others creates marginalization, shame and fear. Through skilled mentoring and support based on a sound understanding of FASD a sense of belonging and connection is fostered. In turn, the severity of symptoms and occurrences of mental health issues is reduced. The result is safer and healthier lives.

**B4 Addicted to Your Brain: Sensory Seeking & Arousal Addiction****Repeated: Concurrent Session A6****Kim Barthel**, *BRM, OTR, Occupational Therapist, Victoria, BC*

Some individuals with FASD exhibit addictions to violence, extreme sexuality and danger-seeking activities. This session will explore the connection between neuropathology, sensory processing and arousal seeking addictive behaviors. Sensory processing strategies will be highlighted as a component of behavioral intervention.

**B5 Substance Use Prevention and Treatment with Young Women Affected by FASD - How Are We Doing It?****Nancy Poole**, *Research Associate, BC Centre of Excellence for Women's Health; Research Consultant, BC Women's Hospital & Health Centre; Fellowship Trainee, IMPART; Vancouver, BC***Cristine Urquhart**, *Provincial Training Consultant, BC Centre of Excellence for Women's Health, Vancouver, BC*

This session will describe challenges faced by young women with substance use problems and FASD, and explore research and practice-based wisdom related to treatment of substance use problems experienced by these young women. We will discuss guiding principles and pragmatic strategies for practice, and encourage participants to share their experiences.

## CONCURRENT SESSION B - continued

3:30PM - 5:00PM

**B6 One Week At Whitecrow: Effects Of A Care-Giver Involved Camp Experience On Professionals Who Volunteer****Blythe Shepard**, *Associate Professor, Faculty of Education, Counselling Psychology, University of Victoria, Victoria, BC***Jonathan Down**, *MBBS, MHSc, DCH, FRCPC, developmental paediatrician, Queen Alexandra Center for Children's Health, Clinical Assistant Professor of Paediatrics at the University of British Columbia, Adjunct Associate Professor at the University of Victoria, Victoria, BC***Jen Kyffin**, *Graduate Student, Department of Educational Psychology and Leadership Studies, Executive Director of the Cowichan Valley FAS Action Team Society, Victoria, BC*

Whitecrow Village Camp provides opportunities for professionals (e.g., teachers, police officers, social workers etc.) to participate in the daily lives of caregivers and their children with FASD as volunteers. The effect of volunteering on attitudes and behaviours of professionals will be presented along with an interactive panel of professionals who attended camp.

**B7 Meitheal at Holy Cross: A School-Based Mental Health Team for Students with FASD****Bruce Gordon**, *PhD, Registered Doctoral Psychologist, Greater Saskatoon Catholic Schools, Saskatoon, SK***Matthew Burnett**, *BA (Honours), Graduate Student, Department of Psychology, University of Saskatchewan, Saskatoon, SK***Kathryn Day**, *B Ed, Learning Assistance Teacher, Holy Cross High School, Saskatoon, SK***Rosanne Kerr**, *M Ed, Student Services Coordinator, Greater Saskatoon Catholic Schools, Saskatoon, SK*

Meitheal at Holy Cross is a school based mental health team which has served several students with FASD. The team features intensive interprofessional collaboration between teachers and mental health professionals. This presentation will outline the advantages of this model and discuss what we learned from when we still failed.

**B8 The Adolescent/Young Adult Learner With FASD: Strategies For Successful Transitioning****Kathi Hughes**, *Team Leader, Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD), Ministry of Education, Prince George, BC***Stacey Wakabayashi**, *Teacher Consultant, Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD), Ministry of Education, Prince George, BC*

Our presentation will look at successful transition strategies from the secondary school to the community. The strategies are helpful for both youth with a diagnosis of FASD and for those who are undiagnosed but display the characteristics of FASD. We will look at successful strategies to facilitate transition, the possible effects of mental health that need to be considered and the value of collaboratively planning with the youth, parents and community partners. We will also present case studies of youth we have worked with in the past and with whom we currently work. We will be sharing our cumulative wisdom of practice garnered in the classroom working with, and learning from, students with FASD.

**5:00PM Adjourn****8:00AM Registration & Exhibits Open****8:30AM Introduction - I Am Glad that I Am Still Here****8:45AM Keynote Presentation: "Supporting the Transition: From Adolescent to Adult"****Mary Ellen Turpel-Lafond**, *BC's Representative for Children and Youth, Victoria, BC***10:00AM Refreshment Break & Exhibits Open****10:30AM CONCURRENT SESSION C**

## CONCURRENT SESSION C

10:30AM - 12:00PM

**C1 Empowering Justice: An Ecological Approach to Crime Prevention and Social Development for Youth in the Criminal Justice System, with a Focus on Those Living with an FASD****Liz Wolff**, *MMFT, Program Manager and Clinician, New Directions for Children, Youth, Adults and Families, Winnipeg, MB***Jeffrey Hatcher**, *MA, MTA, Clinician/Music Therapist, New Directions for Children, Youth, Adults and Families, Winnipeg, MB*

Funded by The National Crime Prevention Council, the Empowering Justice Program is in its developmental year. Its goal is to reduce recidivism and enhance public safety with youth who are High Level, High Risk and High Profile Auto Theft Offenders. For those youth who have been diagnosed with an FASD, "wrap-around" programming has been developed that is grounded in General Systems and Cognitive Behavioral Theories, adapted to address participants' particular emotional and psychological requirements. Included in treatment and interventions are the youth, their family, their extended family, significant others and larger systems. Community and cultural influences are facets of relevance. The focus of the presentation will be on the multi-systemic and natural wrap-around model of intervention being developed by the Empowering Justice team.

## CONCURRENT SESSION C - continued

10:30AM - 12:00PM

**C2 The Psychiatrist and Community Mental Health Clinician:****What Role May They Play for People with FASD and Their Team?****Dr. Bruce Pipher**, *Clinical Director, Developmental Disabilities Mental Health Support Team, Interior Health Authority, Kelowna, BC*

Individuals diagnosed with FASD may present with a number of mental health issues and diagnoses along with experiencing significant life and psychosocial stressors. This workshop will provide an opportunity to discuss the role of the psychiatrist and/or Mental Health Clinician in providing community interventions as part of an inter-disciplinary assessment or support team.

**C3 The Link Between Attachment Information and Sensory Issues in Teens & Adults with FASD****Kim Barthel**, *BRM, OTR, Occupational Therapist, Victoria, BC*

This introductory session will explore the behavioral complexities experienced by teens and adults with FASD who demonstrate merging influences of sensory processing disorders and attachment disorders. These linked issues converge neurobiologically and together co-create challenges in behavior, learning and relationships. Brief introduction into behavioral identification of these issues will be presented.

**C4 Fetal Alcohol Spectrum Disorders and Suicidality****Michael Baldwin**, *M.S., FAS Program and Training Improvement Specialist, Behavioral Services Division, Southcentral Foundation, Anchorage, Alaska, USA***Janet Huggins**, *Ph.D., Clinical Psychologist, UW Fetal Alcohol and Drug Unit, Seattle, WA, USA*

The goal of this workshop is to help medical and behavioral healthcare providers identify why individuals with FASD are at risk for suicide, and to explore strategies to reduce suicide risk by modifying standard suicide assessment/intervention protocols to better meet the needs of individuals with FASD and their families.

**C5 Stress Disorders in Caregivers of People with FASD****Ro deBree**, *Cowichan Valley FASD Action Team Society, Duncan, BC***Marilyn Klizs**, *Spiritual Care Services, Duncan, BC***Marjorie Wilson**, *Cowichan Valley FASD Action Team Society, Lake Cowichan, BC***Rod Densmore**, *MD, Family Doctor/Adoptive Parent, Salmon Arm, BC***Diane Fast**, *MD, Clinical Professor in Psychiatry and Associate in Pediatrics, BC Children's Hospital and The University of British Columbia, Vancouver, BC*

Parents, adoptive parents, and caregivers of people with FASD can develop "stress disorders" from the chronic traumatic stress of caring for these individuals. The panel will discuss their own experiences in caring for these children and adults. Support is needed in all areas of physical, mental, emotional, and spiritual health.

**C6 Alaska's 3-M Service Delivery Approach - Modeling, Mentoring and Monitoring: Effective Home & Community Based Interventions for Adolescents with an FASD and Severe Emotional Disturbance (SED)****Michelle Lyons-Brown**, *Project Director FASD Medicaid Demonstration Project and Medicaid State Plan Coordinator, Alaska Department of Health and Social Services, Juneau, AK, USA***L. Diane Casto**, *Manager, Prevention & Early Intervention Services, Behavioral Health, Department of Health and Social Services, Juneau, AK, USA***Dan Dubovsky**, *MSW, FASD Specialist, SAMHSA FASD Center for Excellence, Rockville, MD, USA*

Over the last five years, Alaska recognized a disturbing pattern—too many Alaskan youth with both a Severe Emotional Disturbance (SED) and FASD are leaving their home communities to receive services in residential psychiatric treatment centers (RPTC) in out-of-state placements. To curb this trend, and to provide better, more appropriate services to these youth and their families within their home community, Alaska has developed the 3-M Model of home and community-based services for youth ages 14-21 with a dual diagnosis of a SED and FASD.

**C7 Psychopharmacology: Basics for FASD****Caron Byrne**, *BA, MSc, MD, Senior Consultant Psychiatrist, Developmental Disability Mental Health Team, Vancouver Island Health Authority; Clinical Assistant Professor, Department of Psychiatry, Faculty of Medicine, The University of British Columbia, Vancouver, BC*

Use of medication to treat symptoms of mental illness is common practice in Psychiatry and in Family Medicine. A careful approach to medication use is always to be aimed for but people with FASD may have increased sensitivities to medication effects and side effects and warrant an even more cautious approach and monitoring. Psychiatric medication can do much to decrease symptoms and improve quality of life but fear of 'psychoactive' medications at times stops the individual or their families/caregivers from trying them. This workshop will cover the basic categories of psychiatric medications, their use and potential side effects, highlighting the most common mental disorders that may affect someone with FASD. The aim is to decrease fear and increase knowledge to allow informed choice.

**12:00PM Luncheon Break (provided)****1:00PM CONCURRENT SESSION D**

**PLEASE NOTE: If you attend Concurrent Session D1 or D2 (3.5 hours each), then you cannot attend Concurrent Session E.**



## CONCURRENT SESSION D

1:00PM - 2:30PM

**D1 Improving Treatment Outcomes by Addressing Misdiagnosis and Co-Occurrence in FASD and Improving Adherence to Medication**

\*NOTE: This session is **3.5 hours** in length and **ends at 5:00PM**. If you attend this session, you **cannot attend** Concurrent Session E  
**Dan Dubovsky, MSW, FASD Specialist, SAMHSA FASD Center for Excellence, Rockville, MD**

Individuals with FASD often display symptoms that may look like psychiatric disorders. Since FASD is frequently not recognized, other diagnoses may be made and treatment offered based on the assumption that the diagnoses are correct. When the individual doesn't respond to treatment, or doesn't take their medication, the person may be labeled non-compliant or resistant to treatment. If there is a misdiagnosis or the co-occurring FASD is not recognized, our treatment will often be ineffective or only partially effective. If medication is recommended, issues concerning adherence to the medication are not considered, resulting in a risk of the person not taking the medication as prescribed. This workshop examines the importance of accurately identifying and diagnosing all possible disorders occurring in the individual, including medical and psychiatric. Questions that family members and providers need to ask are presented. Why misdiagnosis may be common for some with FASD and why possible co-occurring disorders may be missed are discussed. How behaviors in those with FASD may be misconstrued for psychiatric symptoms are identified. Legitimate reasons for not taking medication are discussed as well as specific interventions to address the most common reasons for non-adherence to medication for individuals and their families. Workshop participants will be encouraged to discuss specific situations throughout the session, and the group will participate in problem-solving situations that are raised.

**D2 Psychotherapy with Individuals with an FASD**

\*NOTE: This session is **3.5 hours** in length and **ends at 5:00PM**. If you attend this session, you **cannot attend** Concurrent Session E  
**Brenda Knight, Registered Psychologist, Private Practice, Vancouver, BC**

**This workshop is open to service providers in the field of mental health**

*This session is eligible for **3.5 credit hours** from the **Canadian Psychological Association** and the **National Board of Certified Counselors** (Approved Continuing Education Provider #6252).*

Individuals with an FASD can benefit from supportive counseling and individual psychotherapy. Multiple components contribute to outcome. This workshop will offer participants an opportunity to focus on the role of the therapist, the role of the client and the role of the treatment technique within the context of understanding the principles and techniques of treatment methods and the unique characteristics and needs of individuals with FASD.

All persons with an FASD are unique in terms of the complexities of their environment, genetics, brain function and temperament. Approaches to creating the therapeutic alliance, an ethical base for treatment and tailored communication skills contribute to the effectiveness of treatment and the subsequent effect on the quality of life of the individual and family/caregivers.

Case reviews of birth, adopted and fostered individuals will be offered with the view to contributing to participants enhancing their personal approach and skills to providing treatment services.

**D3 When Disability Collides with Moral Values**

**Ann R. Waller, FASD Expert Consultant & FAS Times Editor, FAS Family Resource Institute, Nampa, ID, USA**

With humor and insight, Ann will address the moral challenges of FASD and the lessons she and her minister husband learned while raising their two disabled children into adulthood. The Wisdom of Practice from the FASD Collective Family Experience and the role of faith-based communities will also be discussed.

**D4 Manitoba Youth Justice Project – Neurodevelopmental Profiles, Innovations and Outcomes**

**Sally Longstaffe, MD, Medical Director, Clinic for Drug and Alcohol Exposed Children, Winnipeg Children's Hospital, Winnipeg, MB**

**Honorable Mary Kate Harvie, Associate Chief Justice, Manitoba Provincial Court, Winnipeg, MB**

The Manitoba Youth Justice Program provides preparation, diagnosis and intervention for youth involved with the criminal justice system and queried to be affected with FASD. We will review youth profiles, and outcomes and will discuss what we have learned in this multidisciplinary system both from a medical and criminal justice perspective.

**D5 Life Experiences of Young Adults with FASD**

**Diane McGregor, PhD Candidate, University of Calgary, Calgary, AB**

This presentation will discuss preliminary results of a research project at the University of Calgary. Using a qualitative design, the research explores the life experiences of individuals who have grown up with FASD and a model for understanding those experiences will be presented. The model will address the psycho-social factors that underlie the developmental experiences of growing up with FASD and will explicate how young people—and those who surround a young person—come to make sense of FASD.

**D6 Modifying Individual Therapy with Clients with FASD and Co-occurring Mental Health Disorders**

**Repeated: Concurrent Session A1**

**Susan Opie, B.S.W., M.S.W., R.S.W., Therapist, Macdonald Youth Services, Winnipeg, MB**

This presentation will look at modifying therapeutic treatment for individuals with FASD and co-occurring mental health issues such as depression, self-injurious behaviours, suicidal ideation and gestures, substance abuse, and attachment issues. Issues such as building relationships, accommodating for neurodevelopmental differences, creating visual or tactile modifications, utilizing client strengths to provide therapeutic responses, and professional client boundaries will be discussed.

## CONCURRENT SESSION D - continued

1:00PM - 2:30PM

**D7 Gow and Fahlman v. CLBC: Can My IQ Cut Me Off From Services?****Frances Kelly**, *Barrister & Solicitor, Community Legal Assistance Society, Disability Law Program, Vancouver, BC***Fiona Gow**, *Mother of adult son with FASD, Victoria, BC***Neil Fahlman**, *Adult with FASD, Victoria, BC*

Many people have an IQ over 75 but still need services to assist them in the community. Upon turning 19, many young adults have been denied services if their IQ exceeds 75. This important issue was the subject of an important court case. Neil Fahlman and Fiona Gow successfully challenged this denial before the superior courts in 2006 and 2007. Frances Kelly represented them in that case. The panel will discuss the issue from the perspective of a parent, from the perspective of the young adult who requires services, and from a legal perspective.

**3:00PM Refreshment Break & Exhibits Open****3:30PM CONCURRENT SESSION E**

## CONCURRENT SESSION E

3:00PM - 4:30PM

**E1 Update on Federal FASD Initiative****Holly MacKay**, *Acting Team Lead and Senior Policy Analyst, FASD Team, Division of Childhood and Adolescence Centre for Health Promotion, Health Promotion and Chronic Disease Prevention Branch, Public Health Agency of Canada, Ottawa, ON*

In 1999 the Government of Canada created the Federal FASD Initiative to provide national leadership on the development of sustainable approaches to the prevention of FASD and to support those affected by the disorder. Nine years later, much has been accomplished and the goals refined. This presentation will provide an update on where we are now, the current activities and medium and long terms goals of the Federal FASD Initiative.

**E2 Quality of Life and Psychosocial Profile Among Young Women with Fetal Alcohol Spectrum Disorders: A Community Intervention Response****Repeated: Concurrent Session B2****Therese Grant**, *Ph.D., Director, Fetal Alcohol and Drug Unit, Director, Multisite Parent-Child Assistance Program, Associate Professor, University of Washington School of Medicine Dept. Psychiatry and Behavioral Sciences, Seattle, WA, USA***Janet Huggins**, *Ph.D., Clinical Psychologist, UW Fetal Alcohol and Drug Unit, Seattle, WA, USA*

Presenters will describe their work studying the mental health, psychosocial functioning, and quality of life of 19 young women diagnosed with FASD or suspected FASD. They will share lessons learned in developing a community intervention to treat, support, and meet the complex needs of these women.

**E3 Our Voices on Our Transitions: A National Perspective on Youth Substance Abuse Related Special Needs and Service Delivery in Canada****Margo Greenwood**, *Scientific Director, Centre of Excellence for Children and Adolescents with Special Needs: The University of Northern British Columbia Taskforce on Substance Abuse, Prince George, BC***Carla Lewis**, *Research Associate and Manager, Centre of Excellence for Children and Adolescents with Special Needs; The University of Northern British Columbia Taskforce on Substance Abuse, Prince George, BC*

This presentation will discuss the findings of the latest research project conducted by the Centre of Excellence for Children and Adolescents with Special Needs. The research was focused on "unpacking" and understanding service delivery and resource allocations relating to transition service and gaps for youth with substance abuse related special needs. We will discuss the outcomes of the research as well as the research methodology which focuses on including youth voices.

**E4 Women with FASD and Substance Use Treatment: Lessons from Practice****Deborah Rutman**, *Senior Research Associate, School of Social Work, University of Victoria, and Principal, Nota Bene Consulting Group, Victoria, BC*

This presentation is based on a project aiming to expand knowledge regarding effective substance use treatment approaches and resources for women with FASD. We will discuss emerging themes relating to support needs, good practice and appropriate care for women with FASD who have addiction problems and related mental health issues.

**E5 "Toward Inclusion: Involving People with FASD"****Leila Wilson**, *FASD Educator, Cowichan Valley FAS Society, Duncan, BC***Jen Kyffin**, *Executive Director, Cowichan Valley FAS Society, Duncan, BC*

Good mental health requires opportunities for people with FASD and their families to meaningfully contribute to positive community action. Key components of two projects, Inclusive Communities and Leaders in FASD Prevention, projects that involve people with FASD across all stages, will be highlighted. Team Members living with FASD will discuss the impact of project contribution in relation to mental health issues.

**4:30PM Adjourn**

**8:00AM Registration & Exhibits Open**

**8:30AM Introduction - I Will Listen to You, Believe You and Offer the Best I Can**

**8:45AM Plenary: "Unnecessary Deviance, Circumstantial Deviance, and Counterfeit Psychopathology: How Cognitive Deficits Can Present as Mental Health Disorder"**

**Nathan Ory, MA, Registered Psychologist, Private Practice, Cobble Hill, BC**

**10:00AM Refreshment Break & Exhibits Open**

**10:30AM Goal Directed Network Sessions**

You may attend one of the Goal-Directed Network Sessions below.

Please see the registration form to choose your session.

## GOAL DIRECTED NETWORK SESSIONS

**10:30AM - 12:00PM**

The following sessions are intended to generate discussion about potential areas of research in FASD. Decisions about policy, funding, and programming are based on the outcome of research studies, and this is a unique opportunity for researchers and graduate students to interact with clinicians and family members to identify and define areas for future studies. There are eight facilitated discussions on various topics. Come join us in our efforts to encourage innovative research for professionals and graduate students to support the development of effective services.

**G1 Addictions**

Facilitator: Paula Stanghetta

**G2 Brain Science**

Facilitator: Dr. Joanne Weinberg

**G3 Therapy and Treatment**

Facilitator: Brenda Knight

**G4 Quality of Life**

Facilitator: Erica Clark

**G5 Legal Sciences**

Facilitator: Frances Kelly

**G6 Family Support**

Facilitator: Kim Lane

**G7 Sexuality and Sexual Identity**

Facilitator: Dr. Liz Bredberg

**G8 Parents with FASD**

Facilitator: Jenelle McMillan and Janet Christie

**12:00PM Luncheon Break & Poster Session**

**1:00PM Closing Panel**

**Reflections on Mental Health: You've Talked About Us, Now Listen to Us**

A panel of adults with FASD will discuss their experiences with mental health services

**2:00PM "It Takes a Community....."**

This closing plenary will introduce the strengths of many young adults with FASD who, with grit, effort, and unflagging determination have redefined what success is, what it looks like, and how you get there - one day at a time.

**3:00PM Adjourn and Evaluation**

**"The future is not a result of choices among alternative paths offered by the present, but a place that is created--created first in the mind and will, created next in activity. The future is not some place we are going to, but one we are creating. The paths are not to be found, but made, and the activity of making them, changes both the maker and the destination. "**

*John Schaar, political theorist*

# REGISTRATION FORM

# IN 9546

PLEASE WRITE IN BLOCK LETTERS:

One registration form per person. Please photocopy if more are needed.

Ms.  Mrs.  Miss  Mr.  Dr.

\_\_\_\_\_  
Last Name First Name Initials

\_\_\_\_\_  
Organization Name/Mailing Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City Prov/State Postal Code

( ) ( )  
Daytime Telephone Number / Local Fax Number

\_\_\_\_\_  
E-Mail

## Third National Biennial Conference on Adolescents and Adults with Fetal Alcohol Spectrum Disorder

### TUITION FEES:

The registration fee includes conference material, lunches, refreshment breaks, and a certificate of attendance.

Please inform us of any dietary requirements.

**EARLY BIRD RATE, BEFORE MARCH 7th, 2008**

**Pre-Conference Day**  \$150

Wednesday, April 9th, 2008

**Main Conference - Full Program**  \$450

Thursday - Saturday

**Main Conference - Individual Day Rates**

Thursday, April 10th, 2008 only  \$165

Friday, April 11th, 2008 only  \$165

Saturday, April 12th, 2008 only  \$165

**RATE AFTER MARCH 7th, 2008**

**Pre-Conference Day**  \$195

Wednesday, April 9th, 2008

**Main Conference - Full Program**  \$495

Thursday - Saturday

**Main Conference - Individual Day Rates**

Thursday, April 10th, 2008 only  \$195

Friday, April 11th, 2008 only  \$195

Saturday, April 12th, 2008 only  \$195

**STUDENT RATE**  \$250

(limited number available)

Student rates are available for the full program only. Must be paid in full before **March 26th, 2008**

A copy of valid student photo ID must be sent with registration.

**TOTAL PAYMENT\*\*** = \_\_\_\_\_

Registration prior to **March 26th, 2008** is strongly recommended to ensure you receive all conference materials. All rates are quoted in \$CAD and the tuition fee includes GST.

**Please note: A \$25 processing fee will be charged for the re-issue of lost tax receipts**  
**PLEASE SEE GENERAL INFORMATION PAGE FOR CANCELLATION POLICY**

### PRECONFERENCE DAY - Wednesday, April 9th

#### Morning Session

- Caregiver Self-Care: Managing Compassion Fatigue  
Dr. Don Castaldi

#### Afternoon Session

Please select only one session from the below options

- For Professionals - Facilitator: Paula Stanghetta  
 For Caregivers - Facilitator: Dan Dubovsky

### CONCURRENT & HALF-DAY SESSIONS:

Please refer to the program for session descriptions

**You MUST enter your 3 choices or YOU WILL NOT BE REGISTERED**

Example: 1ST CHOICE A1 2ND CHOICE A8 3RD CHOICE A4

Session A: \_\_\_\_\_

Session B: \_\_\_\_\_

Session C: \_\_\_\_\_

**NOTE:** If you attend Concurrent Session D1 or D2 (3.5 hours each), then you cannot attend Concurrent Session E

Session D: \_\_\_\_\_

Session E: \_\_\_\_\_

**PLEASE VISIT OUR WEBSITE FOR UPDATES AND INFORMATION ABOUT EXCITING NEW CONFERENCES!**



### GOAL DIRECTED NETWORK SESSIONS

Please circle one Goal Directed Network Session to attend on Saturday, April 12th from 10:30AM - 12:00PM:

**G1 G2 G3 G4 G5 G6 G7 G8**

**www.interprofessional.ubc.ca**

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