



***FASD Training: Key Workers, Supervisors and Staff from Delegated Aboriginal Agencies  
Concurrent Sessions: January 30, 2018***

---

**Breakout A: 1:00 pm – 2:30 pm**

**A-1: Before, During and After: Getting the Most out of Assessment**

*Allison Pooley, Asante Centre*

*Offered twice: 1:00 – 2:30 & 3:00 – 4:30*

Assessment is a naturally anxiety-producing process, even when families accept the significant benefits. As Key Workers, you have a meaningful role in supporting families from the time of seeking referral through understanding the diagnosis and implementing care recommendations post-assessment. This session will explore ways to help children, youth and caregivers prepare for their assessment, engage in the appointments, and understand the results in order to maximize its benefits. Referral options will be examined, as well as some self-care considerations for Key Workers and others throughout assessment. There will be a Q&A time following the presentation.

**A-2: The Blanket Exercise - Part 1**

*The Kairos Centre*

*This is a three hour session with a break. Participants are asked to attend both Part 1 & 2 if choosing this session.* This is an interactive learning experience that guides participants through 500 years of Indigenous history in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization and resistance. They are directed by facilitators representing a narrator and the European colonizers. Participants are drawn into the experience by reading scrolls and carrying cards which ultimately determine their outcomes. By engaging on an emotional and intellectual level, the Blanket Exercise helps participants to understand the effect of colonization on Indigenous individuals, families and communities.

**A-3: Being an effective ally in Indigenous Communities**

*Dave Seaweed, Douglas College*

The term “ally” carries with it a certain level of responsibility including educating oneself, self-examination, offering support, and challenging the dominant forces at play. Being mindful and respectful while understanding the important elements in relationship building creates an engaging ally. We will touch on many components of Aboriginal culture and the perceptions of others including stereotypes, semantics and respectful dialogue, to medicine wheel, smudging and healing circles. We will also talk about protocols in relation to education, Elders, traditions and customs. We will conclude with a discussion regarding Residential School and their impact and the Truth and Reconciliation Calls to Action.

**A-4: Registered Disability Savings Plans (RDSPs)**

*Dan McDonald, Plan Institute*

During this session you will learn all you need to know about becoming eligible, opening and maximizing the benefits from an RDSP. Dan will also share more information about the unique supports offered to professionals and families by Access RDSP. Disability Alliance BC (DABC), BC Aboriginal Network on Disability Society (BCANDS) and Plan Institute launched Access RDSP in 2016. This partnership program provides a “one-stop-shop” for all things RDSP to encourage long-term saving and support individuals with the application process.



***FASD Key Worker and Supervisor Training  
Concurrent Sessions: January 30, 2018***

---

**Breakout B: 3:00 pm – 4:30 pm**

**B-1: Before, During and After: Getting the Most out of Assessment**

*Allison Pooley, Asante Centre*

*Offered twice: 1:00 – 2:30 & 3:00 – 4:30*

Assessment is a naturally anxiety-producing process, even when families accept the significant benefits. As Key Workers, you have a meaningful role in supporting families from the time of seeking referral through understanding the diagnosis and implementing care recommendations post-assessment. This session will explore ways to help children, youth and caregivers prepare for their assessment, engage in the appointments, and understand the results in order to maximize its benefits. Referral options will be examined, as well as some self-care considerations for Key Workers throughout assessment. There will be a Q&A time following the presentation.

**B-2: The Blanket Exercise - Part 2**

See above description in Part 1.

**B-3: Brain Based Disabilities and the Transition to Adulthood**

*Roxanne Hughes, MSW, RSW, FASD/CDBC Key Worker/Social Worker*

This session will explore the myriad of challenges and activities that accompany a youth and their family during the transition to “adulthood” aka “turning 19”. We will explore the social, emotional and procedural challenges that we face in supporting families through this difficult and often terrifying transition. We will identify resources that may be available to our families. There will be time for discussion/questions.