



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre<sup>Inc.</sup>



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

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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

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We have no conflicts of interest or financial affiliations  
to declare

# Learning Objectives

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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

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# Nisichawayasihk Cree Nation (NCN)

Located about 850km North of  
Winnipeg Manitoba.

About 80km North West of  
Thompson Manitoba

Over 4,500 community  
members

# NCCN Family and Community Wellness Centre



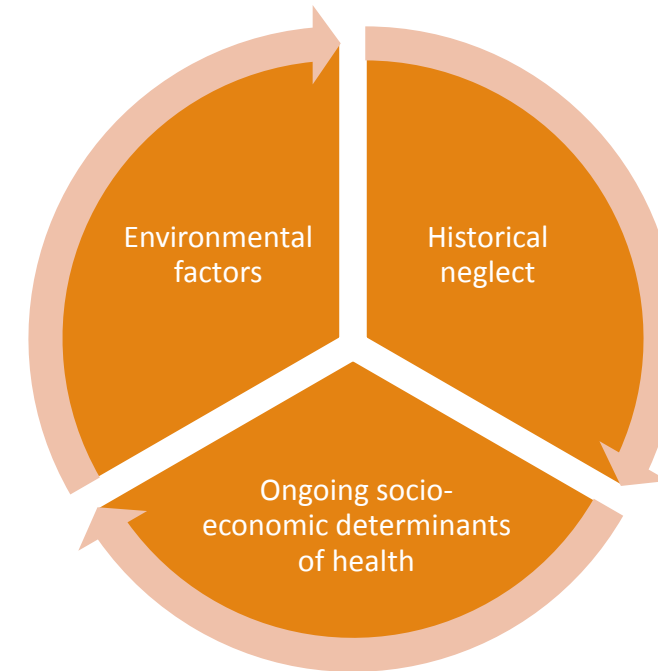
# Introduction: What is known

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## SITUATION

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).

## ATTRIBUTED TO SUBSTANCE ADDICTIONS FUELED BY





# About the STAR-FASD program

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## 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.

**This is a funded community-based program**

## 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.

# STAR-FASD program: Beliefs and Values

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Community-based

Relationships-based

Client-centered

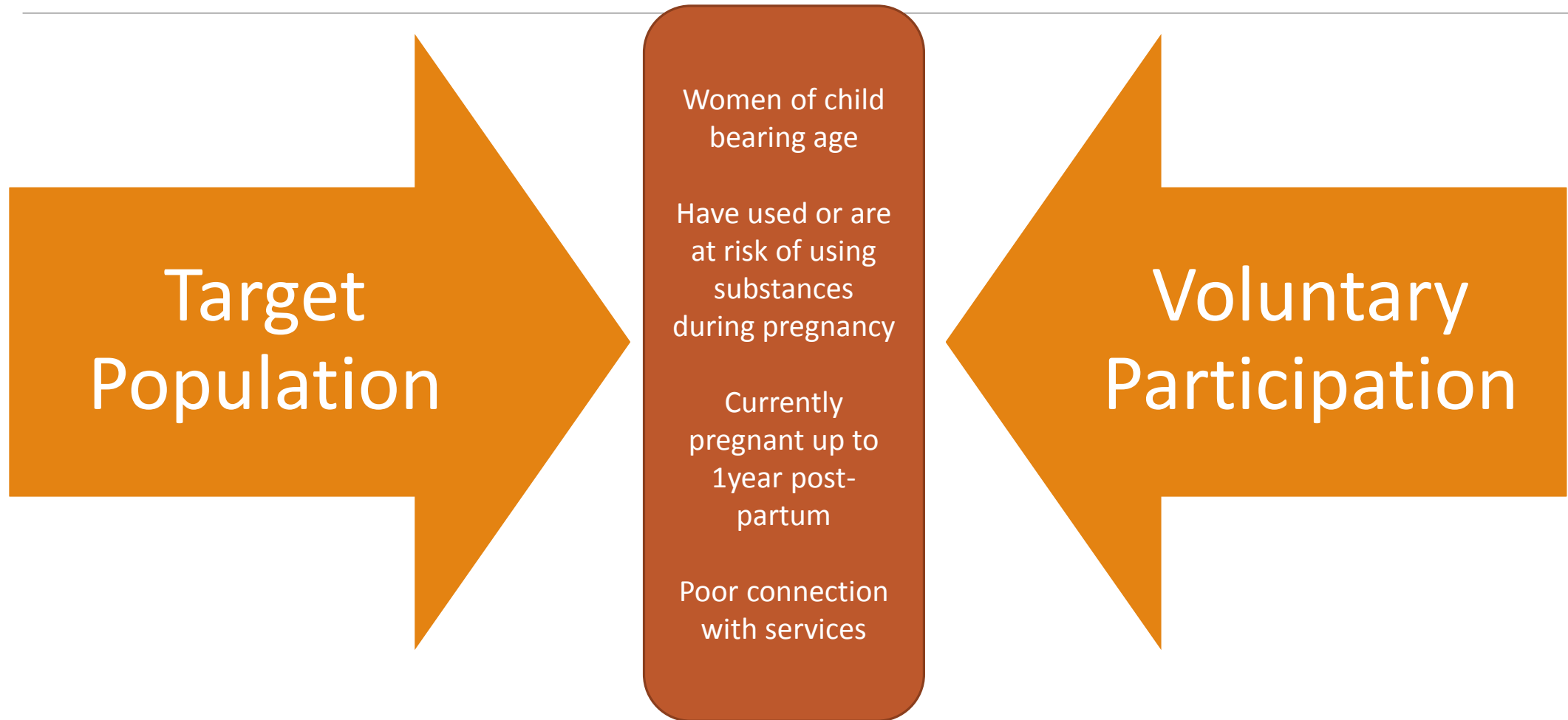
Strength-based

Evidence based



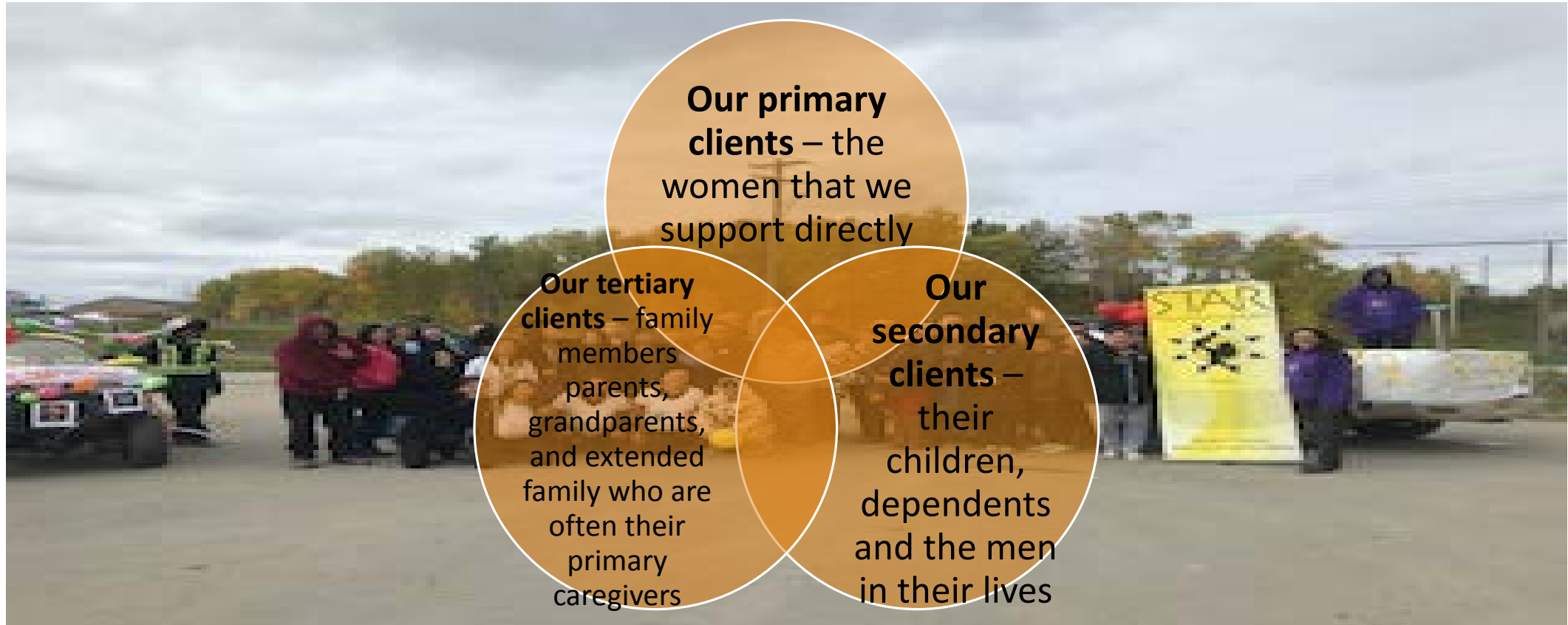
# Program approach: How we do what we do

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# Who we serve

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# Service delivery strategy

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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

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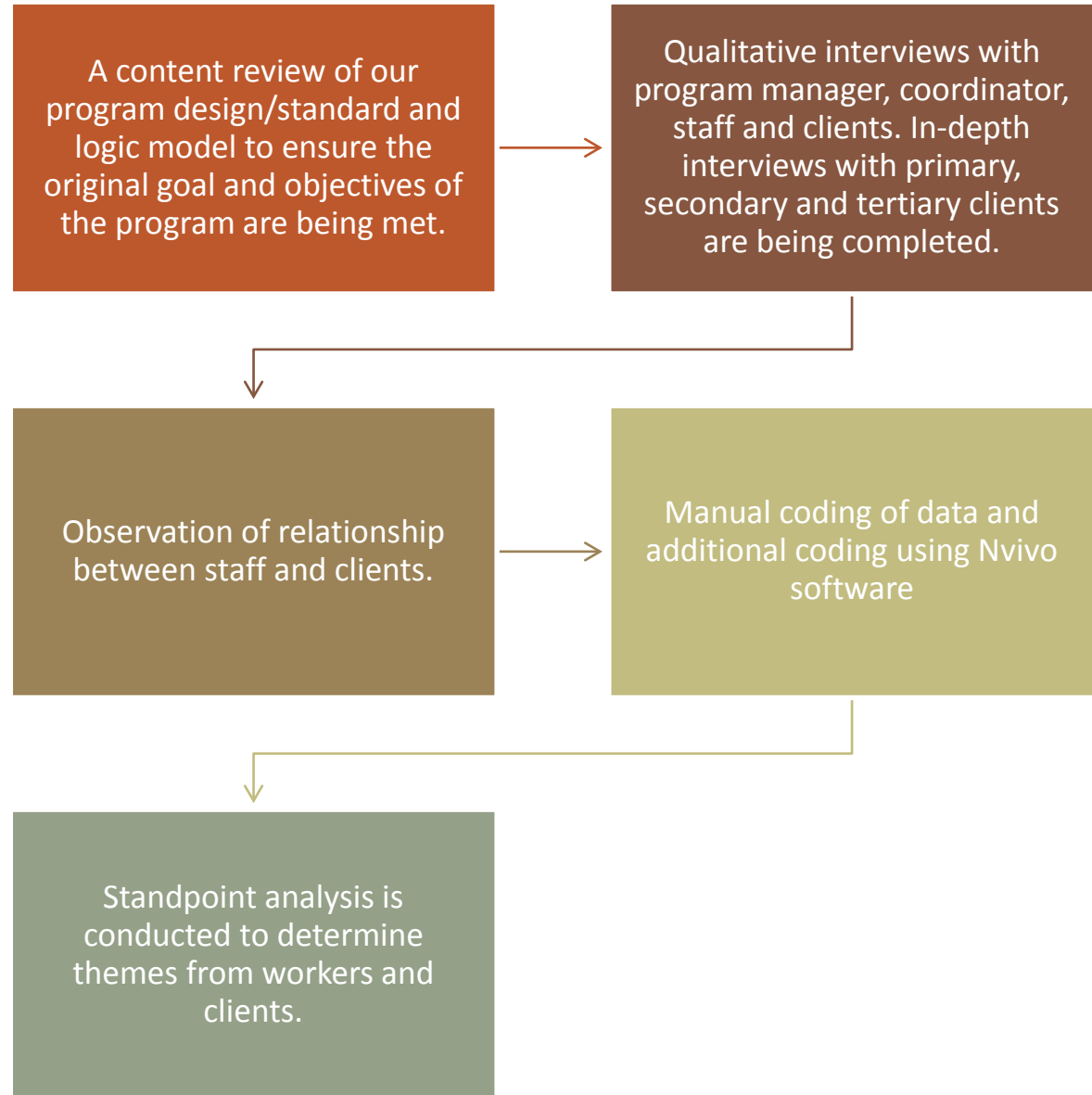
## AWARENESS



## EDUCATION



# Ongoing Evaluation for program improvement



# Current Results

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## CLIENTS



## MENTORS

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Advocacy

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Access

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Protection

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Resources

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Modeling



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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

Program limitations



# Conclusion

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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

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# Ekosani



# Inspirational Song

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Gonna take it one day at a time