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# 8th Annual ANISHINABEK G7– FASD Conference

## FASD: Expanding the Supports for Success



**October 17, 18, 19, 2017**

**Quattro Hotel**

**229 Great Northern Road, Sault Ste. Marie ON**

**Keynote Speakers include:**

**Dr. Mary DeJoseph: FASD and the Family**

**Jeff Noble– The Keys to FASD Success**

**Dr. James Reynolds- Genes, Neuroimaging and Behaviour- Searching for Biomarkers of FASD**

**Workshops include:**

**Creating FASD Informed Communities**

**Living & Coping in a Sensory World**

**Social Media and the Caregiver Connection**

**Incorporating Spirituality into FASD Diagnosis: *The Northwestern Ontario FASD Diagnostic Clinic’s Approach***

**NB FASD Centre of Excellence: *FASD Dream Catcher Service Delivery Model***

**FASD and the Blessings of Forgiveness**

**Practical Classroom Strategies when Working with Adolescents with FASD**

**Expanding the Supports for Success: *The Thunder Bay FASD Diagnostic Clinic and Strategies for Working with Adults with FASD***

**Strategies for Success: *the Northwestern Ontario FASD Diagnostic Clinic’s Approach***

**When our Water is Calm**

**Don’t Forget About Memory!**

**REGISTRATION FEE: \$250 (includes breakfast, lunch and refreshment breaks)**

For further information contact: Kari Chiappetta [kconconsulting@shaw.ca](mailto:kconconsulting@shaw.ca) 807-621-6225



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ANISHINABEK G7– FASD Conference  
FASD: Expanding the Supports for Success  
October 17, 18, 19 2017  
Quattro Hotel 229 Great Northern Road, Sault Ste. Marie ON**

**CONFERENCE REGISTRATION FORM (pg 1 of 2)**

**CONTACT INFORMATION**

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

First Nation/ Organization: \_\_\_\_\_

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

Please circle the role that best suits your participation in this conference:

Parent   Health Professional   Foster Parent   Teacher   Social Service Worker

Person living with FASD                      Front Line Worker   Justice Worker

Vendor    Other \_\_\_\_\_

**REGISTRATION FEE \$250– includes all resource material, hot breakfast and lunch all 3 days**

**ACCOMMODATIONS**

A block of rooms has been placed on hold at the Quattro Hotel at a rate of \$105-\$115/night. Please quote **Anishinabek G7 FASD Conference** when booking to receive the conference rate. Rooms must be booked by **September 15, 2017** in order to guarantee rate and availability. 1-800-563-7262

**VENDOR/ INFORMATION TABLES**

A limited amount of space is available for those wishing to display program information and vendors wishing to sell merchandise.

**There is no fee for those wishing to reserve tables to display INFORMATION ONLY. There is a \$250 fee for those vendors wishing to sell merchandise**

Table fee for vendors is \$250 for entire conference. Limit of 2 persons per day at each booth as the fee covers the cost of the refreshment breaks and lunch.

Please indicate which type of table you would like to reserve:

**Vendor Table (\$250 fee)    Information Table (No Fee)**

**FAX  
REGISTRATION  
TO KARI AT  
807-577-6800**

**Registration  
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Includes all  
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**CONFERENCE REGISTRATION FORM PAGE 2**

**METHOD OF PAYMENT**

**(\$250 Registration fee for Conference Registration or Vendor Table Registration)**

**Please make cheques/ purchase orders payable to:**

**Shkagamik-Kwe Health Centre– Healthy Choices Program and mail to**

**Kari Chiappetta Consulting 210 West Moodie Street, Thunder Bay ON P7E 5A4**

Cheque or money order #: \_\_\_\_\_

Purchase Order #: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Please circle correct card: Visa    MasterCard    Discover Card

Name: \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_ Security Code: (3 digits on back) \_\_\_\_\_

Authorized Amount:\$ \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

**CANCELLATION POLICY**

Cancellations/ Voluntary withdrawals should be sent in writing to Kari Chiappetta at [kccconsulting@shaw.ca](mailto:kccconsulting@shaw.ca). Cancellations will be accepted without penalty until September 29, 2017. No refund after September 29.

**FORWARD PAYMENT TO:**

Shkagamik-Kwe Health Centre– Healthy Choices Program  
C/O Kari Chiappetta 210 West Moodie Street, Thunder Bay ON, P7E 5A4

**CONTACT INFORMATION**

For more information, contact Kari Chiappetta, Conference Coordinator at [kccconsulting@shaw.ca](mailto:kccconsulting@shaw.ca) or 807-621-6225

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# Anishinabek G7 FASD Conference 2017

## FASD: Expanding the Supports for Success

### Agenda

#### Tuesday October 17, 2017

7:30 am – 8:30 am	HOT BREAKFAST and REGISTRATION- <b>South Ballroom</b>			
8:30 am – 9:00 am	Welcoming Remarks and Opening Prayer- <b>North Ballroom</b>			
9:00 am- 9:45 am	<b>FASD: Taught the Value of Laughter-</b> <b>North Ballroom</b> Paul Pringle			
9:45 am – 10:30 am	<b>Strengthening the FASD Relationship Using a Wholistic Approach</b> Holly Johnston and James Gideon			
10:30 am- 10:45 am	NUTRITION BREAK			
10:45 am- 12 pm	<b>FASD and the Family-</b> <b>North Ballroom</b> Dr. Mary DeJoseph			
12:00 pm – 1:00 pm	LUNCH- <b>South Ballroom</b>			
1 pm- 2:30 pm	<b>Concurrent Workshops Series A &amp; B</b> <i>Workshops will be run twice <u>unless otherwise noted</u>. (1 pm -2:30 pm &amp; 2:45 pm – 4:15 pm).</i> <i>Attendees will be able to attend one workshop in each time slot. Pre-registration for workshops is not necessary</i>			
1A/B <b>FASD and the Blessings of Forgiveness</b> Dr. Mary DeJoseph  <b>Michigan Room</b>	2A/B <b>Practical Classroom Strategies when Working with Adolescents with FASD</b> Allan Mountford  <b>North Ballroom</b>	3A/B <b>Expanding the Supports for Success: The Thunder Bay FASD Diagnostic Clinic and Strategies for Working with Adults with FASD</b> Maureen Parkes <b>Superior Room</b>	4A <i>Each of the below sessions are running <u>once</u></i> <b>4A</b> <b>Incorporating Spirituality into FASD Diagnosis: The Northwestern Ontario FASD Diagnostic Clinic's Approach</b> <hr/> <b>4B</b> <b>Strategies for Success: the Northwestern Ontario FASD Diagnostic Clinic's Approach</b>  Claudine Longboat-White, Randy White, Amanda Brennan, Stephanie Runtz  <b>Ontario Room</b>	5 A/B <b>When our Water is Calm</b> Janet Fox  <b>Great Lakes Room</b>
2:30 pm – 2:45 pm	NUTRITION BREAK			
2:45 pm – 4:15 pm	<b>Concurrent Workshop Series B-</b> <i>see above for topics</i>			
6:00 pm	<b>Sweat Lodge- Fire Keeper- Mike Hudson-</b> <i>off site- see program for more information</i> <b>All are Welcome</b>			

## Wednesday October 18, 2017

7:30 am – 8:30 am	HOT BREAKFAST- <b>South Ballroom</b>			
8:30 am – 9:00 am	Welcoming Remarks- <b>North Ballroom</b>			
9:00 am- 10:30 am	<b>THE LAY OF THE LAND: FINAL RESULTS OF A HEALTH SURVEY OF 500+ ADULTS DIAGNOSED WITH FASD</b> Myles Himmelreich and CJ Lutke - <b>North Ballroom</b>			
10:30 am – 10:45 am	NUTRITION BREAK-			
10:45 am – 12:15 pm	<b>The Key's to FASD Success: Essential Strategies to Achieve Less Stress and More Success at School, Work and Home- North Ballroom</b> Jeff Noble			
12:15 pm – 1:15 pm	LUNCH - <b>South Ballroom</b>			
1:15 pm – 2:45 pm	<b>Concurrent Workshop Series C and D</b> <i>Workshops will be run twice. (1:15 pm -2:45 pm &amp; 3:00pm – 4:30 pm).</i> <i>Attendees will be able to attend one workshop in each time slot. Pre-registration for workshops is not necessary</i>			
1C/D <b>Creating FASD Informed Communities</b> Tina Andrews  <b>Superior Room</b>	2C/D <b>Living &amp; Coping in a Sensory World: Discussion of Sensory Profiles, Sensory Differences and Strategies to Support Each Individuals Unique Functioning</b> Heidi McLarty  <b>Michigan Room</b>	3C/D <b>Social Media and the Caregiver Connection</b> Jeff Noble  <b>North Ballroom</b>	4C/D <b>Don't Forget About Memory!</b> Danielle Reynolds  <b>Ontario Room</b>	5 C/D <b>NB FASD Centre of Excellence: FASD Dream Catcher Service Delivery Model</b> Laura Cynthia Sewell & Annette Cormier  <b>Great Lakes Room</b>
2:45 pm – 3:00 pm	NUTRITION BREAK			
3:00 pm – 4:30 pm	<b>Concurrent Workshop Series D- see above for topics</b>			
7:30 pm	<b>Evening Coffee House for families and individuals living with FASD</b> <b>Teachings by Elder Willard Pine- Spiritual Responsibility</b>			

## Thursday October 19, 2017

7:30 am – 8:30 am	HOT BREAKFAST- <b>South Ballroom</b>			
8:30 am – 8:45 am	Welcoming Remarks- <b>North Ballroom</b>			
8:45 am – 10:15 am	<b>Sharing our Successes- Cafe</b>			
10:15 am – 10:30 am	NUTRITION BREAK			
10:30 am – 12:00 pm	<b>Genes, Neuroimaging and Behaviour- Searching for Biomarkers of FASD- North Ballroom</b> Dr. James Reynolds			
12:00 pm- 1:00 pm	LUNCH- <b>South Ballroom</b>			
1:00 pm – 2:30 pm	<b>This is our Journey...Life with FASD</b>			
Tanya Northcott	RJ Formanek	Kevin Poultin	Darlene Durand	
2:30 pm – 3:00 pm	Closing Remarks- <b>North Ballroom</b> Door Prizes, Closing Prayer			

## Sharing our Successes– Networking Session

Every year at the conference we hear wonderful stories of people and community groups doing amazing, creative and innovative things in the FASD Community.

Once again, this year the conference planning team has built into the agenda an opportunity for EVERYONE to share their success stories and best practices around FASD support, education and awareness.

On **Thursday October 19** we have built a sharing a networking time into the agenda.

This plenary session will provide an environment for discussion, networking and collaboration by allowing everyone the opportunity to share best practices in FASD support, education and awareness.

This will be an opportunity to network and share resources and learn about the positive FASD programs and services that are taking place in different communities.

This is your chance to share some of the successes and great programs that are happening in your community!

## Workshop & Keynote Summaries

**Plenary Session**  
**FASD: Taught the Value of Laughter**  
 Paul Pringle

The medical diagnosis for Fetal Alcohol Spectrum Disorder (FASD), includes 10 different brain domains to evaluate the impacts of FASD. These domains influence behavior/emotions that are important to establishing supports and strategies. Strength-based relationships are essential for adapting, healing and acceptance. Let's laugh and learn about the "strength" of humor.

**Plenary Session**  
**This is our Journey...Life with FASD**

Tanya Northcott, RJ Formanek, Kevin Poulton, Darlene Durand  
 Panel members will share information relevant to their life journeys with regards to FASD

**Keynote Address**  
**FASD and the Family**  
 Dr. Mary DeJoseph

Prenatal exposure to alcohol can cause a spectrum of birth defects and neurobehavioral disabilities. This talk will review how alcohol causes damage to women and developing fetuses. We will review terms used in diagnosis, primary and lifespan challenges, and a variety of interventions. A birth family experience will be presented.

**Workshop**  
**FASD and the Blessings of Forgiveness**  
 Dr. Mary DeJoseph

Individuals and families with FASD have many people, places and situations to forgive. This workshop will explore what forgiveness is and isn't, and identify issues in our lives which would benefit from forgiveness. Presenter and participants will discuss the blessings and wisdom that may be received in the journey to forgiveness.

**Keynote Address**  
**Genes, Neuroimaging and Behaviour- Searching for Biomarkers of FASD- North Ballroom**  
 Dr. James Reynolds

This presentation will provide an overview of the progress being made by investigators in the Kids Brain Health Network (formerly known as NeuroDevNet) to identify potential biomarkers that could serve as a proxy of prenatal alcohol exposure, and how novel technologies can be adapted as new tools for assessing functional outcomes in children with FASD.

**Plenary Session**  
**Strengthening the FASD Relationship Using a Wholistic Approach**

Holly Johnston and James Gideon  
 With all the struggles that people with FASD are challenged with, can people with FASD have healthy relationships? Yes, absolutely! We believe that establishing a good foundation aka a good solid relationship is most essential in successfully working with, interacting with, or living with an individual with FASD. This strength based interactive presentation will explore FASD and relationships in all aspects of life using a wholistic approach. We intend to take you on a journey of discovery that will enhance your relationship with an individual with FASD.

<p style="text-align: center;"><b>Workshop</b>  <b>Practical Classroom Strategies when Working with Adolescents with FASD</b>  Allan Mountford</p> <p>Participants in this session will:</p> <ul style="list-style-type: none"> <li>• Gain a better understanding of the concept of FASD as a pervasive, invisible, brain-based disability;</li> <li>• Review/change our mindset in working with children with FASD in the community;</li> <li>• Learn how to apply a Neurobehavioural approach when working/living with children and youth with FASD</li> </ul>	<p style="text-align: center;"><b>Workshop</b>  <b>Expanding the Supports for Success: <i>The Thunder Bay FASD Diagnostic Clinic and Strategies for Working with Adults with FASD</i></b>  Maureen Parkes</p> <p>This workshop will share information on the Thunder Bay FASD Diagnostic Clinic including how to refer clients to the Thunder Clinic. The workshop will also cover effective strategies when working with adults with a Diagnosis of FASD</p>
<p style="text-align: center;"><b>Workshop</b>  <b>Incorporating Spirituality into FASD Diagnosis: <i>The Northwestern Ontario FASD Diagnostic Clinic's Approach</i></b>  Claudine Longboat-White, Randy White, Amanda Brennan, Stephanie Runtz</p> <p>This presentation will be facilitated by the Clinic Coordinator and Cultural Liaison of the Northwestern Ontario FASD Diagnostic Clinic. Both of these team members are First Nations and bring a strong cultural approach to the clinical process. The Northwestern Ontario FASD Diagnostic Clinic services a large geographical area that contains 50 First Nations communities in two treaty areas. Although this clinic services northwestern Ontario as a whole, the clinic experiences a disproportionate number of referrals of children and youth that are of First Nation descent.</p> <p>The Northwestern Ontario FASD Diagnostic Clinic utilizes a multi-disciplinary team approach in order to establish a diagnosis. The clinic's process will be outlined step by step, while highlighting specific cultural approaches that are integrated throughout the entire process. Cultural approaches are not only important in ensuring the cultural safety of clients and their families, but also promote cultural competency among non-aboriginal team members.</p>	<p style="text-align: center;"><b>Workshop</b>  <b>When our Water is Calm</b>  Janet Fox</p> <p>The breakdown of our family systems began with colonization and residential school. When the first set of children went away our family systems began to deteriorate. The workshops create awareness of 'how it was in our Traditional Family Systems and 'how we can bring back these teachings along with the parenting skills and most importantly it is prevention in all areas. Our people always had the knowledge on the importance of bonding and attachment. With the studies, today it has proven that when bonding is not in place; it will affect the child in all stages of life.</p> <p>These teachings awaken the spirit in us and we can balance our emotional, mental, physical and spiritual parts so that we can make change in our communities. She introduces the concept of the 4-life cycle. Topics presented are; first 6 years of a child's life, bonding, moss bag teachings; belly button, soft spot; rites of passage and parenting.</p>
<p style="text-align: center;"><b>Workshop</b>  <b>Strategies for Success: <i>the Northwestern Ontario FASD Diagnostic Clinic's Approach</i></b>  Claudine Longboat-White, Randy White, Amanda Brennan, Stephanie Runtz</p> <p>This presentation will focus on recommendations and strategies that can be applied in both the school and home environment to increase success potential. Strategies will be presented specifically as they pertain to the 10 neurodevelopmental domains potentially impacted by prenatal alcohol exposure.</p>	<p style="text-align: center;"><b>Keynote Address</b>  <b>THE LAY OF THE LAND: <i>FINAL RESULTS OF A HEALTH SURVEY OF 500+ ADULTS DIAGNOSED WITH FASD</i></b>  Myles Himmelreich and CJ Lutke</p> <p>This extensive survey was developed and done by three adults with FAS and is the first of its kind ever undertaken. It found high percentages in a wide range of physical health problems and chronic illnesses in adults who have a diagnosis of FASD when compared to general population. It has clearly identified FASD as a whole body disorder with significant implications for healthcare. These findings are of critical importance to adults with FASD, their families and caregivers, and of particular importance to systems and services that provide healthcare to this underserved population</p>

<p style="text-align: center;"><b>Keynote Session</b></p> <p style="text-align: center;"><b>The Key's to FASD Success: <i>Essential Strategies to Achieve Less Stress and More Success at School, Work and Home</i></b></p> <p style="text-align: center;"><b>Jeff Noble</b></p> <p>As professionals, we have found the answers to explain what FASD is, how it effects fetus development and what it looks like across the lifespan. However, there continues to be little research and practical work around supporting the FASD person and the caregivers that support them. The Keys to FASD Success will provide participants with an intensive overview of the realities of raising/caring for someone with FASD and the unique demands and challenges that professionals and systems often overlook. Jeff will share practical, research based theories and strategies that will focus on the FASD caregiver and building capacity through mentorship and (non-traditional) support systems.</p>	<p style="text-align: center;"><b>Workshop</b></p> <p style="text-align: center;"><b>Creating FASD Informed Communities</b></p> <p style="text-align: center;">Tina Andrews</p> <p>Research has shown that the number one factor in achieving successful life outcomes for those affected by FASD is an informed circle of care. This session will focus on how to intentionally create those circles through out the lifespan. From family and school settings to workplace, justice and healthcare communities building awareness and understanding. Examples include work with schools, faith communities justice community, community groups and healthcare service providers.</p>
<p style="text-align: center;"><b>Workshop</b></p> <p style="text-align: center;"><b>Living &amp; Coping in a Sensory World: <i>Discussion of Sensory Profiles, Sensory Differences and Strategies to Support Each Individuals Unique Functioning</i></b></p> <p style="text-align: center;">Heidi McLarty</p> <p>Sensory processing differences significantly impact how an individual is able to cope with sensory input from their environment. Often those individuals with FASD show differences in how they are able to make sense of their world and often feel bombarded with sensory input. There are 4 main sensory profiles that these individuals can be categorized in to help understand their different ways of functioning as well as their needs. Being more aware of the different profiles, how to recognize each as well as how to help support individuals in each profile will help clear up any confusion and will help decrease the stigma and misinformation about these individuals being labeled as "bad" or "manipulative." An exploration of different strategies, routines, equipment and environmental considerations will be explored.</p>	<p style="text-align: center;"><b>Workshop</b></p> <p style="text-align: center;"><b>Social Media and the Caregiver Connection</b></p> <p style="text-align: center;">Jeff Noble</p> <p>Caregivers of those living with FASD are often isolated and unable to access appropriate and applicable support services. Many FASD caregivers and families report that no one around them really 'gets' FASD and they are left to deal and manage on their own. Training, education and support for FASD caregivers is difficult to find because it's too expensive, it's hard to find and no one wants to fill in to baby sit. When caregivers find our online community, I often hear this feedback:</p> <ul style="list-style-type: none"> <li>• <i>I don't feel so alone anymore</i></li> <li>• <i>I'm so glad I found this community</i></li> <li>• <i>I wish I could have found you sooner</i></li> </ul> <p>Social media can help to decrease the isolation experienced by FASD caregivers. It also creates networking opportunities for caregivers to share strategies and suggestions. Social media also builds connections and bridges the gap between caregivers and frontline staff.</p> <p>This workshop will teach caregivers and front line staff alike how to use social media for the purposes of <i>training, learning, educating and as a support network</i>. Social media is a cost effective approach to increasing engagement and support for FASD caregivers.</p>
<p style="text-align: center;"><b>Workshop</b></p> <p style="text-align: center;"><b>Don't Forget About Memory!</b></p> <p style="text-align: center;">Danielle Reynolds</p> <p>Individuals with FASD frequently struggle to remember information. This can contribute to frustration, misunderstanding by others, and low self esteem. This presentation will provide participants with a basic understanding of the memory process and behaviours that reflect these weaknesses. Practical strategies will be discussed.</p>	<p style="text-align: center;"><b>Workshop</b></p> <p style="text-align: center;"><b>NB FASD Centre of Excellence: <i>FASD Dream Catcher Service Delivery Model</i></b></p> <p style="text-align: center;">Laura Cynthia Sewell &amp; Annette Cormier</p> <p>The purpose of this presentation is to share a First Nation's culturally appropriate FASD delivery model, which looks at Dr. Leroy Little Bear's works on western scientific approach, and First Nation's scientific approaches. To share a Mi'gmaq Theory, and the concepts of the Lnoeigoti Model: Apigsigtoagen for Deep-rooted Community Based Conflict Resolution; in regards to working with FASD First Nation's client's, families, and their communities.</p>