

Community Impact Report 2025-2026



SOUTH
ALBERTA
FASD
NETWORK



September Campaign –Promotion Committee at Word on the Street 2025

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LAND ACKNOWLEDGEMENT

The South Alberta FASD Network acknowledges that we are gathered on the lands of the Blackfoot people of the Canadian Plains and pay respect to the Blackfoot people past, present and future while recognizing and respecting their cultural heritage, beliefs and relationship to the land. The region is also home to the Métis Nation of Alberta.

FASD stands for Fetal Alcohol Spectrum Disorder. It is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives.

Message from the South Alberta FASD Network Chair

It is indeed an honor and privilege to be The Chair of The South Alberta FASD Network. Thank you for your confidence in me to facilitate this role.

The South Alberta FASD Network continues to be recognized provincially and nationally as a leader in the field of FASD in fostering new approaches and supporting our existing programs, and the individuals that we serve.

I am impressed with our contracted agencies, the Leadership Team members, our General Network membership, and our identified partners with their positive attitudes of cooperation, collaboration and accomplishment in serving the individuals living with FASD and their families in our Network catchment area. It takes commitment of partnerships, respect, trust and collaboration to get the work done! Your support and dedication to the work you do is exemplary – and is certainly noticed and appreciated. You should be very proud of reaching your identified agency and Network stated outcomes, as seen in The Community Impact Report for 2025-2026. Well done.

Without increased funding to support agency work and activity for many years, and increased demands of more clients with more complex needs, we continued to be a strong Network.

We have learned how to work smarter, with more creativity – despite limitations. In 2025-2026 there were many staff changes in our agencies and more/new challenges. The South Alberta FASD Network contracted agencies once again rose above the issues and supported the individuals living with an FASD, their families and care givers with care, concern, dignity and respect.

I thank the South Alberta FASD Network Leadership Team for their dedicated commitment and guidance in helping us reach the identified Network goals, as well as Cheryl Gilmore and Debbie Deak, our Network Co-Coordinator, for keeping the business side of the Network updated and on track.

With all your knowledge, commitment, and dedication the South Alberta FASD Network is ready for 2026-2027 and beyond.

Respectively submitted,
Hazel Mitchell
Chair, South Alberta FASD Network

Message from Network Coordinators

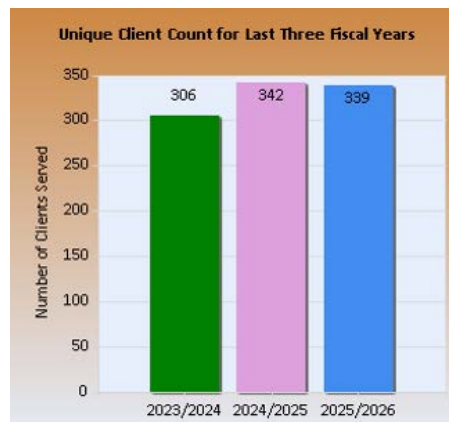
Due to the cooperation and collaboration among contracted agencies and community partners, the Network has once again achieved or exceeded expected outcomes. This accomplishment could not have happened without dedicated and committed staff who go above and beyond to support individuals with FASD within our region.

The Leadership Team continues to be strengthened by the diversity in its membership. Collectively, the agencies, Ministries and community partners who form the Leadership Team provide expertise in guiding the Network.

Network Successes and Innovations:

- Our partnership with the Southeast Alberta FASD Network in jointly contracting an FASD Instructional Coach for the WRaP 2.0 FASD Coaching Partnership Project has produced results that have furthered the relationships between our Network, school divisions in the region, and the Kainai Nation.
- In May 2025, the Network received funding from Alberta Public Safety and Emergency Services to implement a Transitional Mentorship program. A Transitional Mentor was hired to provide programs and services that benefit individuals involved in the Alberta correctional system (specifically Lethbridge Correctional Center) who are diagnosed or suspected of having FASD. This has been a productive and impactful addition to the Justice team (Adult Justice, Youth Justice, Funds Administration) that is unique in the province.
- Prevention initiatives exceeded targets, with training sessions and community engagement surpassing expectations, and high self-reported increases in knowledge, confidence and intent to apply learning among participants. The Prevention Conversation initiative trained 691 persons and 339 individuals were reached through community development initiatives.
- PCAP programming exceeded client targets and demonstrated strong outcomes in substance use reduction, housing stability, parenting capacity, and connection to services.
- Assessment and diagnosis services supported families through individualized recommendations and improved access to supports, strengthening system navigation and client understanding of FASD.
- Lifespan and Justice programs enhanced stability, advocacy, and diversion supports, improving outcomes for individuals and reducing system barriers.
- The Network continues its partnership with Lethbridge Housing Authority (LHA) by having one of the Co-coordinators attend the weekly Community Access and Resource Table (CART) meetings facilitated by LHA. These meetings are intended to serve the most vulnerable residents in Lethbridge with access to housing. Additionally, several community agencies/ Ministries attend these meetings resulting in collaboration and unity amongst its members. In turn, LHA sends representatives to Collective Wisdom and has representation on the Network Leadership Team. Clients served through Network-funded agencies have been successfully housed through this collaborative partnership.
- Monthly Collective Wisdom meetings provided a forum for front-line service providers of both funded agencies and community agencies to case plan for complex clients.
- Network members and others in the community had access to a breadth of professional learning opportunities.

- The September and Christmas Awareness and Prevention Campaigns were a success. CanFASD invited one of the Co-coordinators to present during a Webinar the activities and promotions initiated and operationalized by the Network during the September Campaign. Since then, CanFASD have referred to what the Network achieved in their Blogpost – “A five-step guide to FASD Month event planning”.
- A partnership with Lethbridge Family Services and the Angel Tree Campaign resulted in providing 76 children with gifts during the Christmas season. An additional 30 children referred through the Network’s PCAP Program in the Pincher Creek area, were also gift recipients. Grocery gift cards of \$100.00 were distributed to 82 families; 88 adult clients who did not have children received \$25.00 grocery gift cards.
- Combined, assessment & diagnosis, PCAP, and support programs funded through the Network reached 339 unique individuals.



Respectively Submitted
 Cheryl Gilmore and Debbie Deak
 Network Coordinators, South Alberta FASD Network



September 2025 Art Show and Tea for clients - hosted by LFS and SA FASD Network

Our Network

We believe in connecting.

Our Network connects individuals & families to Fetal Alcohol Spectrum Disorder (FASD) supports in South Alberta.

Vision

To the community served by the South Alberta FASD Network, we deliver a comprehensive and coordinated regional response to FASD across the lifespan and a continuum of services respectful of individual, family, culture and community diversity.

Mission

The South Alberta FASD Network aims to increase regional capacity by enhancing existing FASD services and developing new services in four primary areas: awareness, prevention, assessment and diagnosis, and supports for individuals and caregivers.

Service Area

The region serves more than 157,000 residents, covering nearly 26,000 square kilometers in the southwestern corner of Alberta.

Nearly half of the residents live in Lethbridge, its largest community, with the remaining scattered throughout more than 40 other towns, villages, and surrounding rural areas.

The region also includes two reserves of the Blackfoot People: the North Peigan (Piikani) and the Blood (Kainai) Nations.



Service Partners

In 2024-2025, the following organizations connected with the South Alberta FASD Network to deliver high-quality FASD-informed services.



Alberta Seniors, Community and Social Services
Disability Initiatives, Disability Supports
Fetal Alcohol Spectrum Disorder



Recovery Alberta
First Steps PCAP



Lethbridge Family Services
DaCapo Disability Services
FASD Assessment and Diagnostic Services



McMan Youth, Family and Community Support Services
Association, South Region
FASD Lifespan Program
Pincher Creek First Nations PCAP



Peak Support Services
Justice Initiative and Fund Management Programs



Lethbridge Police Services
FASD Youth Justice Project



"Alone we can do so little; together we can
do so much." -Helen Keller

— Thank You —

Agencies and Programs Supporting Individuals with FASD

We acknowledge the many programs and services supporting individuals with FASD and their caregivers, in partnership with the FASD Service Network, such as:

5th on 5th Youth Services	Alberta Justice	AISH
Alberta Health Services (including Addiction & Mental Health, Better Beginning, Children's Allied Health, Chinook Regional Hospital, ID Clinic)		
Alberta Correctional Services	Alberta Works	Boys and Girls Club
Bringing The Spirit Home Detox	Blood Tribe	City of Lethbridge
Lethbridge Housing Authority	City of Lethbridge Outreach Team & Coordinated Access	
Building Safer Communities	Children and Family Services	Crown Prosecutors
Fresh Start – Lethbridge	Lethbridge Police Services	DOT Team
Family Centre	Family Support for Children with Disabilities (FSCD)	
Holy Spirit School Division	Foothills Detox Centre / Addiction Services	
Inni Healing House	Gang Exit Community Outreach Services (GECOS)	
Interfaith Food Bank Program	Landers Treatment Centre	Legal Aide
Lethbridge Correctional Centre	Lethbridge Polytechnic	Lethbridge School District #51
Lethbridge Recovery Centre	Making Connections	Napi Friendship Association
Piikani Children's Services	Native Counselling Services of Alberta	
Piikani Employment Services	Mobile Addictions Outreach Initiative (MAOI)	
Piikani Nation	Opokaa'sin Early Intervention Society	
Kainai Nation	Persons with Developmental Disabilities (PDD)	
Blood Tribe Health Department	Piikani Housing and Social Development	
John Howard Society	Poundmakers	Pregnancy Care Centre
Probation - Corrections	Public School Districts	Quest
RCMP	Streets Alive Mission	Training Inc.
University of Lethbridge	University of Calgary	Women's Shelters
Wood's Homes	YWCA	Youth and Adult Shelters

We thank the many volunteers and donors who, through their time and energy and financial resources, support our community outreach programs.

Leadership Team and Membership

The South Alberta FASD Network is governed by a Leadership Team which oversees the Policies, Procedures and Network operations. The Leadership Team is comprised of representatives from Network funded agencies. Other agencies and Ministries involved with individuals affected by FASD are also represented on the Leadership Team. These include but are not limited to, representatives from public school districts, Alberta Addictions and Mental Health, Alberta Health Services, Alberta Justice - Corrections, Lethbridge Housing Authority, the City of Lethbridge, Indigenous and Métis organizations, and members of the community. Network members represent organizations and individuals who have a keen interest in FASD.

In 2025-2026, the Network hosted one Annual General Meeting, three General Network Meetings, and seven Network Leadership Meetings.

The Network is represented at the Coordinated Access Round Table (CART) facilitated by Lethbridge Housing Authority, and the Kainai Interagency meetings. The Lethbridge Indigenous Sharing Network meetings (LISN) has been renamed the Southern Kin Organization Dedicated Engagement Network (SKODEN) and the Network continues to be represented at these monthly meetings.

The Network is committed to professional development of its members. As a result, the AGM and Network Meetings all included a learning component.

The Co-coordinators met with each funded agency during the fall and spring compliance meetings. Together, they reviewed and updated the program logic models, strategies outcomes, and data collection tools to ensure alignment with the Network business plan. The evaluator collects, collates, and disseminates survey data twice a year.



September 2025 Campaign Preparation – Promotion Committee at Storage Unit

Collective Wisdom Meetings

Collective Wisdom Meetings provide an opportunity for cooperative and collaborative consultation amongst agencies providing services to individuals with complex needs. 11 Collective Wisdom Meetings took place in 2025-2026, with an average of 20 professionals per session. Some of the meetings included an invitation to an agency or service to provide information to the group such as the YWCA Hope program, Mental Health Outreach regarding Community Treatment orders and forms, and the provincial Public Guardian's office.



Christmas Gifts for Clients

The Network is a Registered Charity and as such, is grateful for the ongoing support and generosity of businesses and private sponsors who contributed more than \$10,000.00 to assisting individuals with/possibly with FASD and their families.

The Network provided the following gift cards for groceries to families/clients served by the Network:

- 82 - \$100.00 gift cards to families
- 88 - \$25.00 gift cards for adult clients who do not have children



SA FASD Network 2025 Christmas Card

Challenges and concerns

The challenges and concerns experience by the agencies and SA FASD Network as a whole are as follows:

- Persistent systemic barriers including housing shortages, transportation limitations, physician shortages, and long wait times continue to impact client stability and access to services.
- Increasing complexity of client needs, particularly related to addiction, mental health, and justice involvement, requires more intensive and longer-term supports, placing pressure on staff and system capacity.
- Eligibility gaps, particularly for adults (e.g., PDD), result in individuals with complex needs falling between systems and requiring additional advocacy and coordination.
- Client engagement challenges, including instability related to housing, substance use, and transportation impact consistent participation in programs and follow-through on goals.
- Participant deaths and vicarious trauma continue to impact staff highlighting the need for ongoing support and wellness strategies.
- Growing demand for services has resulted in capacity pressures and waitlists for assessment and diagnosis.
- Increasing operational costs challenge the ability to maintain service levels and outcomes without additional funding.



Promotion Committee at Kainai Teddy Bear Picnic



Knowledge Dissemination and Training

General Network Meetings, the AGM and Lunch & Learn sessions included learning opportunities focusing on regional services and supports as well as best practice in working with individuals affected by FASD. Overall, 242 individuals engaged in professional learning facilitated by the South Alberta FASD Network this year.

- City of Lethbridge Outreach Team – Richard Deimuth & Kevin Sloan - Lunch and Learn
- Children in Care effected by FASD – Dr. Dorothy Badry from CanFAD and University of Calgary – presented at a General Network meeting
- Child and Family Services – CFS intake processes by Talana Middleton-Hope – Lunch and Learn
- South Alberta FASD Network Justice Team – initiative overview – Youth Justice (Chris Andrade), Sabrina Hacker (Adult Justice), Dustin Blackmore (Funds Administration) and Larissa Vonkeman (Transitional Mentorship). Presented at a General Network meeting
- Canadian Mental Health Association – work of ICA (integrated coordinated access) by David Gabert – Lunch and Learn session
- Recovery Alberta – presentation regarding two programs – NASCENT (Neonatal Abstinence Syndrome Mother-Baby Care ImprovEmenT Program, and UMAT (Urgent Mental Health and Addiction Team). Presented at a General Network meeting
- Towards Healthy Outcomes presentation by Dr. Jaqueline Pei. Delivered via Zoom at a General Network meeting

Beyond the above sessions organized by the SA FASD Network and the learning sessions delivered by the Prevention Conversation Facilitator, funded agencies reported 22 FASD training/ education initiatives.

- The two justice programs offered 6 FASD justice-related training events for professionals, community volunteers, and at a ACDS conference session.
- PEAK facilitated 4 in-house training sessions for their new employees.
- LFS hosted 3 education sessions for caregivers and 2 sessions for professionals.
- In total, the training sessions reached 591 individuals.

Trainees completed 117 surveys.

- 96% reported that the topic was relevant to their work and/or life.
- 99% reported that the presenter created a welcoming and safe place for everyone.
- 90% reported that the presentation included information about additional resources.
- 98% reported the presenter provided time and space for discussion and questions.
- 98% reported feeling somewhat confident or very confident in applying what they learned into their job/ life.
- 96% reported that they were likely to incorporate what they learned into their job/ life.
- 86% rated their knowledge as good or extensive following the training compared to 31% before the training.

“Very informative and interactive. Took many notes.”

“Loved it. Very real. Wonderful work! Thank you for your incredible work in these systems. So knowledgeable. Just wonderful.”

“Very knowledgeable and provided real life experiences. Very interested in having future conversations.”

FASD Awareness and Community Engagement Activities

The South Alberta FASD Network is grateful to the Advertising Communication and Promotions' Committee, comprised of 14 members from the Network Leadership Team, funded agencies' staff, and community members, who oversee the awareness and community development activities. New in 2025 was one of the Network's Co-coordinators becoming a member of the CanFASD Committee dedicated to overseeing the September FASD Awareness and Prevention Campaign. This Committee provided direction for Networks to follow in implementing their respective Campaigns:

- Incorporating as much as possible of the "Red Shoes Rock" promotion
- Lighting up a monument or location in your area in red lights on September 9th
- Basing the campaign on "Everyone Plays a Part: Take Action"

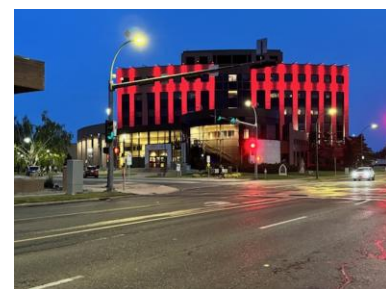
Highlights of the September 2025 Campaign:

- More than 80 restaurants, bars and pubs that sell liquor across the region were approached to use the Network coasters, decals, and display our poster at their respective establishments. A success in 2025 was having locations in Taber engage in this promotion.
- Community events were hosted on:
 - September 10th at the Lethbridge Polytechnic Institute's Student Support Fair – approximately 300 students came to our location and engaged in group or individual conversations.
 - September 20th at WOTS (Word on the Street) Festival – Hundreds of attendees attended our display and engaged in group or individual conversations that varied in depth and duration.
- AGLC September Campaign promotional items were received and distributed at the previously cited events.
- On September 9th both City Hall and the new residential housing facility at 416 North Stafford Drive were lit up in red. These photos were sent to CanFASD for posting on their website.
- A notice was placed in the Lethbridge Herald explaining the significance of City Hall being lit in red on September 9th and thanking the City of Lethbridge and Lethbridge housing Authority for their support of the Network. (September 6th and 9th editions)
- 5 City of Lethbridge buses and 2 Super Boards (located by the University of Lethbridge and the Water Tower) displayed Network messaging throughout mid-August – September 30th.



Sept. Campaign

Messaging on City of Lethbridge Transit Bus 2025



City Hall in Red

- Network-funded agencies worked with clients to have their artwork displayed on September 5th at Lethbridge Family Services Second Annual “Client Art Show and Tea” –The Network was privileged to partner with them in this amazing event!
- SACLA (Southern Alberta Community Living Association), supported the Network in distributing information regarding the September Campaign – several of their employees wore red shoes on September 9th and their offices displayed many of the Network posters.
- Posters and Briefing Notes were distributed to attendees at the CART (Community Action Resource Table) Meeting held August 20th for display in their respective offices.
- LHA (Lethbridge Housing Authority), facilitator of the CART Meetings sent both the poster and Briefing Notes to members of CART.
- Lethbridge Polytechnic received 1500 condoms in covers and the University of Lethbridge received 1200 condoms in covers for distribution to their students
- Ads displaying the Network graphics were placed in the Leisure Guide and ran at the Movie Mill until the end of September.
- Maggie Heavy Head, Blood Tribe Department of Health, requested and was provided Network posters and promotional materials for display/disbursement in the Kainai PCAP offices and throughout the community of Standoff.



Kainai Yellow Ribbon Event



Promotion Committee at Word on the Street



SACLA – September Campaign



Promotion Committee – Lethbridge Polytechnic

- Verona Tail Feathers, Blood Tribe Health and Wellness, created a display in the foyer of their building which incorporated messaging and materials associated with the September Campaign. She also distributed the Network posters throughout the community of Standoff.
- The Prevention Conversation Facilitator presented at the Blood Tribe Department of Health FASD Awareness Event September 9th.
- The Network utilized its website and Facebook page to display awareness and prevention messaging both local in nature and that created by CanFASD. Posters customized for the Network were also displayed.
- Briefing Notes were sent to 50+ Church Leaders across the region to share with their respective members.
- Communication was sent to both Government staff and CanFASD about the Network's plans for the September Campaign.
- Coaldale Mayor Andy VanRyn supported the Network in providing messaging to his community.
- The Prevention Conversation Facilitator was asked to be one of 4 presenters at a national CanFASD Webinar held September 26th showcasing the SAFASD Network's September Awareness and Prevention Campaign.

Highlights of the Christmas Campaign:

- The This past year the Advertising, Communication and Promotions' Committee worked diligently to ensure the Network fulfilled their obligations of:
 - Awareness and Prevention of FASD, as well as
 - Providing Supports and Services for Individuals with/possibly with a diagnosis of FASD.
- In **creating awareness** of "supporting a pregnant woman to be alcohol-free during the Christmas season":
- 5 City of Lethbridge buses exhibited the Network Christmas messaging on them for a period of 8 weeks from late November 2025 to early January 2026.
- 2 digital billboards displayed the same graphic as the buses during the same period.
- The Network Christmas poster was placed in the Leisure Guide (November and December publications).
- The Network Christmas poster was shown at the Movie Mill (November and December).
- Posts on several Facebook pages and social media sites reflected our messaging as well as posts reflecting the provincial Prevention Conversation Mocktail Campaign on the Network Website and Facebook Page.



In providing support to clients served through Network-funded agencies:
The Network partnered with Lethbridge Family Services and through the Angel Tree Campaign accomplished the following:

- 76 children received gift bundles

In 2025 Angel Tree provided gifts to children who resided within geographical boundaries near to Lethbridge; therefore, the children served through clients of the PCAP Program in the Pincer creek area were exempt from their services. The SAFASD Network gave 30 children gifts from these families (\$3,000.00 expenditure).

Agency Contributions to the Community

Beyond the events organized by the Network, funded agencies contributed to FASD awareness across the region.

- McMan Lifespan and PCAP programs participated in 8 community organized events that touched over 757 community members.
- Youth Justice took part in and assisted with 11 community events and youth related initiatives.
- Recovery Alberta delivered 7 presentations regarding services to agencies across Southern Alberta reaching 270 professionals.

The Prevention Conversation: a Shared Responsibility

The FASD Prevention Conversation equips professionals and members of the general public with the knowledge and skills needed to engage in non-judgmental conversations about alcohol, pregnancy, and Fetal Alcohol Spectrum Disorder (FASD).

Reach:

- The South Alberta Prevention Conversation Facilitator offered 29 professional development sessions, training 260 professionals, 121 post-secondary students, and 310 others (members of the general public and mixed audiences.).
- As in previous years, the Prevention Conversation Facilitator facilitated training sessions on the Kainai Nation, at the University of Lethbridge, Lethbridge Polytechnic, McMan staff, and community agencies in Lethbridge. New in 2025-2026 were opportunities to present formal presentations to Piikani Children's Services staff, attendees at the weekly CART (Community Action and Resource Table) Meetings, the Frist Nations Health Consortium, staff of Makwa Dodem, (an Indigenous-led program to prevent human trafficking), Lethbridge Correctional Centre staff, the Indigenous Recovery Coaches, and the Recovery Alberta Intensive Outreach Team.

Outcomes:

- 45% of trainees completed a survey.
- The percentage of respondents self-rating:
 - **their knowledge and understanding of FASD** as fairly extensive or excellent increased from 33% to 94%.
 - **their knowledge and understanding of FASD-informed strategies** as fairly extensive or excellent increased from 21% to 88%.
 - **their understanding of the risks associated with alcohol use during pregnancy** as fairly extensive or excellent increased from 51% to 96%.
 - **their knowledge, skills and confidence to discuss alcohol use with adults and intervene if necessary** as fairly extensive or excellent increased from 37% to 95%.
 - **Their knowledge, skills and confidence to discuss alcohol use and sex with adolescents and intervene if necessary** as fairly extensive or excellent increased from 28% to 92%.
 - 97% of respondents intended to incorporate what they learned in their practice/work.



“Debra’s insight and her background in education and working with children is crucial to her role and has evidently supported her ability to provide care to individuals with FASD. Her ability to provide trauma-informed care and information to agencies is critical. I really appreciated her presentation and wish we had more time with her.”

“In correctional center, I suggest increased emphasis on strategies. The information about FASD was very useful.”

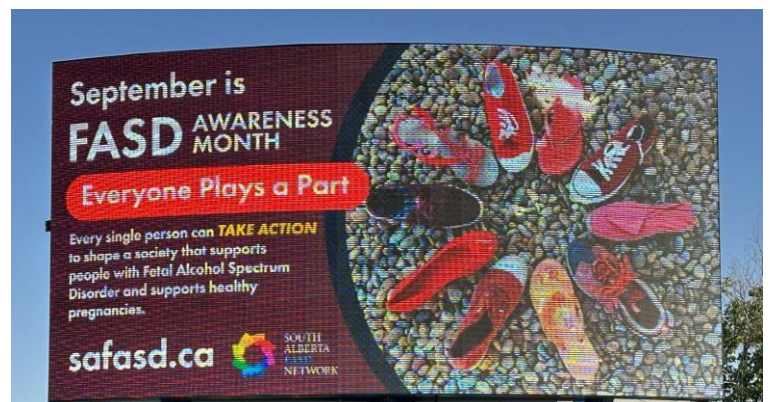
“Thank you for this information. I will use it in my future practice and also tell my family and friends about FASD and how to have conversations about it.”

“I thought you did an amazing presentation! I learned a lot and thank you very much! I feel way more informed and feel more confident in speaking with others and educate others about this topic.”



“Great information, shared very culturally inclusive, appreciated how the speaker addressed stereotypes, and many other things!”

“ This presentation was engaging, informational, and helpful! The facilitator did a wonderful job and promoted productive conversations - great job Debbie! As a front-line worker, executive volunteer, and outreach worker this presentation was very relevant and important for all aspects of service providers and everyday life.”



Lethbridge Family Services - Assessment & Diagnosis

The process of diagnosis for FASD includes confirmation of prenatal alcohol exposure, assessment in 10 different brain domains as outlined in the Diagnostic Guidelines, and collection of current, historical and physical information regarding the individual. Diagnostic services are completed by a multi-disciplinary team whose members include a physician/pediatrician, psychologist, speech language pathologist, occupational therapist (when deemed necessary), psychometrist, and other professionals, depending on the age of the individual.

Assessment and diagnostic services may or may not lead to a confirmed diagnosis of FASD.

An FASD diagnosis may not be immediately available in cases where a child is too young to be diagnosed, when there is not enough corroborating information, when there are not three assessed domains in the significantly impaired range and/or the clinical team feels further assessment is required by additional professionals.

Reach

- Lethbridge Family Services (LFS) completed 26 pediatric assessments and 9 adult assessments.
- LFS offered follow-up support to 40 adults and to the families of 95 children who received an FASD diagnosis. This includes sharing information on FASD-informed strategies, connection to community services, self-care and caregiver support.

Outcomes

Survey results indicate high level of satisfaction (100%) of clients and caregivers with their overall experience with the clinic and the level of respect they felt throughout the clinic process. Caregivers (90%) and clients (80%) felt they better understood FASD as well as their diagnosis. 80% of clients felt the recommendations would be useful in the future. This demonstrates that the staff are professional, knowledgeable, caring, and thorough in providing support throughout the process.

“It has been wonderful having these services. Things are very good. The way Leah talks helps me understand things.”

“They have helped me with my life ad helped with independence.”

“They have helped me with budgeting, organizing, government phone calls, resources, and learning about my deficits.”

“Very happy with the whole process... diagnostic clinic, contacts for other agencies, McMann.”

FETAL ALCOHOL SPECTRUM DISORDER CLINIC PROCESS



Recovery Alberta First Steps

The First Steps Parent-Child Assistance Program (PCAP) connects with individuals in Lethbridge and area who are experiencing difficulties with substance use and related issues to develop or maintain healthy changes pre and post pregnancy. This voluntary program supports individuals in the following areas:

- Provide support to reduce alcohol and/or substance use.
- Finding individual strengths and building on those strengths.
- Increasing connections through belonging and purpose.
- Increasing community connections.
- Reflecting and recognizing skills used through previous challenges.
- Providing support with legal and custody concerns.
- Sharing information on family planning.
- Setting goals that are achievable.
- Sharing current information so each participant can make the best decisions for themselves and their families.
- Referrals to appropriate supports for each participant.

Reach:

- The First Steps program worked with 66 unique participants.

Outcomes:

- Participants expressed high levels of satisfaction with the program (89% reported feeling safe and respected; 77% felt they could be honest with their worker; 94% felt they had choice and voice)
- Positive outcomes for clients: 74% of participants were abstinent from alcohol, and 76% reported using a method of birth control or maintaining abstinence from all substances, thus preventing future alcohol-exposed pregnancies
- 64% of participants were living in stable housing, 97% were accessing medical care, and 82% were accessing two or more community services
- The most important priorities identified by clients were self-care, budgeting and financial support, relationships, and having a stable home.



“I will miss my worker when I leave the program this year. She has been the biggest support I've ever had.”

“I absolutely love my worker! She is compassionate, knowledgeable, and so supportive! I know I would not be where I am if not for her.”

“I had planned to go to treatment but couldn't get in. I know that connection with the program is what is keeping my sober and healthier emotionally.”



McMan First Nations PCAP Program

The Parent-Child Assistance Program (PCAP) based in Pincher Creek provides support to Indigenous individuals who report alcohol and/or drugs abuse; are living a high-risk lifestyle and at risk of having a child with FASD. This year staffing capacity was increased to support non-Indigenous individuals in the area. Focus areas of support reflects PCAP best practice in preventing unwanted pregnancies with the child at risk of prenatal exposure to substance use. Cultural components, such as The Medicine Wheel, are included in individualized service as per participants' preferences.

The goals of the program can include:

- Prevention of future alcohol or drug exposed children.
- Effective family planning.
- Drug & alcohol treatment.
- Stable housing.
- Children living within their own families.
- Effective childcare and connecting to community services.

Reach:

- The McMan PCAP program worked with 22 unique participants.
- Services most often accessed were medical care, basic needs services, community services, and finding supportive social connections.

Outcomes:



- 80% of participants reported feeling respected, valued and safe; 100% reported having choice/voice with goals and services plans, and 90% felt they were able to be honest with their worker.
- 80% of participants felt the program always demonstrated respect for and understanding of their culture and spirituality.
- Positive participant outcomes: 80% of participants were using a method of birth control or maintaining abstinence from all substances, thus preventing future alcohol-exposed pregnancies.
- 77% of participants were accessing 2 or more community services; and 73% improved scores on their goals.

"Thank you to all who work at PCAP for your support and doing what you do."

**"The program saved my life"
"I know PCAP is always there for me"**



McMan FASD Lifespan Program

The McMan Lifespan Program provides intensive case management with wrap-around supports and systems navigation to individuals 16 years of age or older, with/ possibly with FASD, and who do not qualify for PDD services. The program helps to ensure a seamless transition from youth to adulthood, and ongoing supports throughout their lifespans. Services provided may include mentorship and life skills development, building natural supports, advocacy, system navigation, and education and information on FASD.

The Caregivers' Support Program provides short-term services to caregivers of individuals with/possibly with FASD, in accessing appropriate resources, building natural support, advocacy, education and mentoring on FASD-informed strategies to promote enduring and effective care within the family unit.



Reach:

- The Lifespan program worked with 65 individuals and the Caregiver's support program with 15 caregivers.

Outcomes:

- Participants expressed high levels of satisfaction with the program: 95% felt respected, valued, and safe, and 93% felt they had choice/ voice with goals and service plans, and 85% felt more connected to natural supports because of the program.
- The priority areas for connecting Lifespan participants to services included health, being safe, living skills including housing and food security, being responsible, mental health, funding/ income, and communication.
- The most important priorities addressed by the Caregiver support program were emotional wellbeing, boundaries and behaviours, and keeping their family safe.
- 90% of caregivers reported learning something new about parenting.

A positive change in my life since attending the Lifespan program:

"Everything. housing, fasd diagnosis, getting out of the shelter, getting on suboxone."

"Anytime I've been in need of a resource or help for my mental health I've been met with help & support."

"When it comes to communication I'm definitely doing better."

The Caregiver Support Program has helped me:

"Grandson has been more supported and their caregiver feels secure and confident with the support of McMan."

"They have connected me to support I need to help raise my children with FASD."



Peak Justice Initiative Program

The focus of the Peak Justice Initiative Program is to provide direct and indirect court/justice support to persons with/possibly with an FASD diagnosis who are dealing with legal matters. This includes:

- Attending court to advocate for appropriate and meaningful outcomes, and provide support and guidance to the client and their caregiver during the court/legal process.
 - Sharing FASD resources and information with professionals within the justice system.
 - Preparing individualized case or court plans based on clients' strengths and needs.
 - Providing short-term consultation, guidance and information about the justice system and connect them/their support workers with applicable resources.
 - Providing case management for individuals who require more intensive and longer-term involvement.

Reach:

- The Adult Justice Program provided case work support for 26 individuals and provided 17 consultation sessions.

Outcomes:

- 75% of participants expressed being satisfied with the support, and 76% found it helpful to be in the program.
- The FASD Justice Program Coordinator supported clients in court 110 times, responded to numerous information requests, and made referrals to community partners.
- The Program Coordinator delivered 12 FASD training sessions and attended 5 community events.
- A key indicator of the program's impact is its involvement in 155 criminal charges across 43 vulnerable individuals, providing support, advocacy and system navigation with the justice system.



+ **Peak Support Services**

- The FASD Justice Program has maintained a strong presence in the community and professional circles, sitting on three active committees.
- In terms of training and education, the program continues to deliver ongoing FASD training to new recruits of the Lethbridge Police Service, Community Policing Officers, and members of the WATCH program.



Peak Fund Management Program

The PEAK Fund Management program provides direct or indirect supports to individuals with/possibly with an FASD diagnosis to manage and budget their money. Funds Administration promotes stability in an individual's life through support with managing the client's income. This may include supporting the client with budgeting money, creating a savings plan, setting up third party payment for rent and other bills, assistance with paying bills, assistance with grocery shopping, communicating with AISH and/or other stakeholders on the individual's behalf and filing taxes. An agreement between the client and the service provider is completed. This agreement outlines the scope of practice and the roles and responsibilities between of the individual and the organization. The fund administrator also support the client in opening a bank account with a local financial institution.

Reach:

- The Funds Administration Program worked with 22 unique participants.

Outcomes:



- Over 97% of participants expressed they felt respected, valued and safe with the agency “always” or “most of the time” and 90% felt they had choice/ voice in their goals.
- 70% of the participants indicated they achieved their goals.
- According to clients, the most important areas the program helped address include: money and budgeting, finding a place to live, supports with addiction challenges, and access to community services and supports.

Positive changes clients expressed since being in the program:

“I eat every day, I have money throughout the week.”

“Moving into an apartment on my own.

“Now have a place to live and groceries.”

“Supports helped with applying and going to treatment and helps with budgeting money.”

“Having a funds admin has really helped me save and not be broke every few days. When I need to get something done I have money I had my dream place for three months even.”



Lethbridge Police Youth Justice Program

The Youth Justice Program is a partnership between the South Alberta FASD Network and the Lethbridge City Police. It was created to increase awareness and management of FASD within the Youth Justice System. The purpose of the program is to influence change in the criminal justice system through mentorship, education, and training about FASD and related effects.

Main objectives:

- Influence case management for youth affected by FASD
- Divert youth from the system (where appropriate)
- Make recommendations to the court
- Identify high-risk youth and their families and connect them with appropriate services and supports
- Provide community and justice system advocacy for families, schools and service partners

Reach:

- The Lethbridge Police Youth Justice Program provided in-depth case support to 15 unique participants.
- The program assisted 40 additional individuals with short term interventions.
- The Youth Justice officer coordinated access and review of police files 951 times, attended 298 inter-agency meetings supporting youth at risk, and supported community partners with youth and justice related matters 298 times, and participated in 11 community events and youth related initiatives.
- The Youth Justice officer engaged in 5 training/ education sessions delivered to individuals within justice or preparing to be in the justice system, as well as educators.
- The Youth Justice officer facilitates regular collaborative meetings between the Youth Crown Prosecutor and youth-related community agencies, such as the monthly High Risk Youth Meetings, the Youth Diversion Summit in Calgary, and Students of Concern meetings.

Outcomes:



- 80% of participants felt good about their encounter with the Youth Justice officer.
- 90% of participants believed that the interaction was helpful.



Transitional Mentorship Program

A Transitional Mentor under the umbrella of a provincial initiative (Transitional Mentorship Program) funded by the Minister of Public Safety and Emergency Services, joined the Justice team in May, 2025. This individual works supports individuals with/ possibly with FASD within Lethbridge Correctional Center. It is an outcome-based correctional program intended to sustain and expand upon In Reach services at provincial correctional institutions.

Main objectives:

- The primary objective of the program is to reduce returns to custody for individuals with disabilities.
- A secondary objective is reduction in contact with the criminal justice system overall.

Areas of focus:

- Custody Operations including FASD training for staff, support for staff with information and resources, collaboration with staff for release planning, prevention conversation programming for females, and FASD sharing circles with inmates.
- Community Corrections including case conferencing with Probation Officers.
- Providing short-term transitional mentorship for corrections-involved individuals upon release to support connections to resources and supports and assist with release plan activities (appointments, income support applications, housing, court dates, referrals).

Reach

- Prevention Conversation training for 72 staff at Lethbridge Correctional Center.
- Facilitation of 5 Talking Circles with 48 participants.
- The Transitional Mentor provided support to individuals 472 times including: interviews with stakeholders (28), release planning (82), community connections (98), support for family members/ caregivers (8), and support of inmates within the institution (256).



WRaP 2.0 FASD Coaching Partnership Project

The WRaP 2.0 FASD Coaching Partnership Project is a five-year provincial project (2021-2026). The service delivery model is designed to enhance educators' capacity in meeting the unique needs of students with Fetal Alcohol Spectrum Disorder (FASD).

WRaP 2.0 consists of three parts:

- **Tailored Professional Development:** A comprehensive training program equips educators with the latest research and evidence-based strategies for supporting students with FASD. From understanding the neurobiology of FASD to implementing effective accommodations and modifications, educators gain the knowledge and skills needed to make a positive impact on students' lives.
- **Personalized Coaching:** Participating educators can connect with an experienced FASD coach who will provide individualized guidance and support. These coaches are well-versed in FASD and can offer practical strategies tailored to specific classroom and student needs. Together, educators and the Coach will develop customized plans to optimize learning outcomes and address any challenges that arise.
- **Sustainable Support:** The program will build long-term capacity within schools and communities. By equipping educators with the necessary skills, knowledge, and ongoing support, the WRaP 2.0 FASD Coaching Partnership Project promotes sustainable change that extends beyond the program's duration. The program will empower educators to become leaders in fostering inclusive environments for students with FASD.

The two FASD Networks in the south, South Alberta FASD Network and Southeast Alberta FASD Network, combined their WRaP 2.0 allocation to contract one FASD Instructional Coach who covers both target areas.

Over the last four and a half years of the project, the Coach engaged with 13 unique school authorities and 34 unique schools. Project Reach: (1) 40 professional learning sessions (2) 74 coaching/ case consultations. In total, the project reached 1,076 education professionals.

Over the first 3 periods of the 2025-26 year, 61 professionals completed a survey following a professional development event. 95% of participants reported that the presentation was relevant to their work and 97% reported they intend to incorporate what was learned in how they support students with a diagnosis of FASD or possible FASD. The percentage of participants who reported fairly extensive or excellent knowledge increased from 16% to 67% following training. The percentage who reported fairly extensive or excellent knowledge regarding FASD-informed classroom strategies increased from 26% to 70%.

