



CFAN

2018-19 Annual Report

2018 - 2019 Year In Review

The Calgary Fetal Alcohol Network continues to advocate for the full inclusion of individuals affected by FASD in the community, as well as provide a compassionate response to those at risk of prenatal alcohol exposure. Through our work in 2018, we saw the expansion of our impact with an intentional focus on increasing access to FASD services and increased community engagement, collaboration and community building efforts.

Through work spearheaded in 2018-19, CFAN saw the expansion of many programs, such as FASD assessment and diagnostic services for youth transitioning into adulthood. Additionally, 2018-19 saw the incorporation of FASD strategies in broader community groups, such as Calgary Reads' Noodle Do outreach tool, Calgary Domestic Violence Collective's Ethno-Cultural Domestic Collective, Mount Royal University and the University of Calgary's Nursing programs, The Calgary Homeless Foundation, The Calgary John Howard Society's medical residents placement program and the Healthy Minds Healthy Children's national curriculum.

CFAN also provided support to the Caregiver Advisory Committee, which hosted the second annual Caregiver Night Out event and the FASD Day Family Breakfast.

CFAN's role as a champion and advocate on FASD is enhanced by the role of many partners and community members, who continue to support us in our collective mission and vision. Our work has been supported by multiple funders and we owe a great thank you, to the continued support of the FASD service providers, individuals and caregivers affected by FASD and other leaders in the community. On behalf of the board and staff of CFAN, we thank everyone that has joined us in our work. We look forward to continued and new partnerships, as we advance and highlight the importance of FASD-informed supports for all those affected.

Kate Smitko, Chair

Jamilah Joseph, Executive Director



LEADERSHIP

FASD Collective Impact

The FASD Collective continued to advocate for positive changes at a policy and practice level. This collective impact initiative supports the full inclusion of adults and caregivers affected by FASD in the community. CFAN is proud to serve as the backbone to this important initiative.

FASD Collective Highlights:

- Written and verbal proposals to the Persons with Developmental Disabilities (PDD) Review Panel.
- Monthly meetings of front-line workers, with the goal of increasing timely and appropriate supports for clients on workers' respective caseloads.
- Recruitment of the Network Weaver position.



Caregiver Advisory Committee

In 2018-19, CFAN's Caregiver Advisory Committee expanded its role to host the FASD Day community breakfast, as well as a games night social evening for local FASD caregivers. The FASD Day Breakfast was profiled in the Calgary Herald and was successful in engaging many caregivers as a community awareness and celebration event. The committee also launched its three working groups in the areas of community building, advocacy and CFAN advisory. A special thank you to all the members of this group and to Elaine Bolt, the peer facilitator of the Caregiver Advisory Committee.

SUPPORT

CFAN Agencies

CFAN funded agencies provide a range of FASD-specific services in Calgary and surrounding regions. Services include outreach, addiction treatment support to women diagnosed or suspected of having FASD, longer-term mentorship to mothers at risk of a prenatal alcohol exposed pregnancy and vulnerable families overall. Other services provided through CFAN's funded network include caregiver support in the form of pre and post assessment supports, peer support groups, one on one supports and in-home supports. All CFAN funded programs are aligned with best practices in FASD service delivery and demonstrate client impact on an ongoing basis.

CFAN is honoured to partner with nine dedicated and professional FASD service agencies.

Thank you to

• Aventa Centre of Excellence for Women with Addictions • Calgary Alternative Support Services, Inc. • Calgary John Howard Society • Foothills Fetal Alcohol Society • Enviros • McMan Calgary • Siksika Health Services • Medigene Clinic • Woods Homes •

FASD Services Available:

- Outreach supports
- FASD assessment & diagnosis
- Justice supports
- Financial assistance
- Reproductive health
- Employment supports
- In-home supports
- Coaching/mentorship
- Advocacy & education
- Short-term navigation



Network Resource Worker Program

CFAN's Network Resource Worker program provides short-term supports, education, advocacy and navigation supports in a timely manner. This program is designed to provide assistance to individuals and caregivers not able to receive direct supports due to waitlists in other systems. In 2018-19, the program provided consultations to 57 professionals working with an individual with FASD as well as supports to multiple individuals and caregivers.

Cathy Lane Goodfellow Empowerment Fund Program

CFAN's Cathy Lane Goodfellow Empowerment Fund program, is a financial bursary program for individuals and caregivers affected by FASD. Grants up to \$750 can be used to support needs such as educational upgrading, employment readiness and health and wellness. In 2018-19, \$7,025 was provided for 10 recipients.

Luke's Story

Luke was thrilled to be awarded a Cathy Lane Goodfellow Empowerment Fund grant, which allowed him to purchase a full suspension mountain bike in May 2018. This bike has provided Luke with many opportunities to demonstrate his developing independence. He arranges for it to be serviced regularly, cleans it and makes small repairs. Socially, this bike gives Luke many opportunities to interact with fellow riders, service people and his online Fitbit community, where he posts his bike routes and photos. This bike has also provided Luke with independent transportation in our local community. He has used it to apply for jobs and get to appointments. This bike fulfills Luke's interest for adventure, provides an enjoyable, independent fitness activity and gets him out in nature.

Tamara Wilcox (parent) and Luke Wilcox (age 16, diagnosed with FASD)



"I hope other kids who like the outdoors can have the same chance. I take very good care of it. Thank-you very much." Luke Wilcox

ACCEPTANCE

Prevention Conversation Program

The Prevention Conversation program is delivered in partnership with the Foothills Fetal Alcohol Society. The program is a best-practice model for delivering brief interventions, to support women and their partners to make healthy choices during pregnancy. The model is a proven, non-stigmatizing, strength-based intervention, that targets primary care providers to enhance their capacity. In 2018-19, Prevention Conversation Capacity Building Training was provided to 2,116 professionals through 130 training sessions.

FASD Training Program

The FASD Training program works to enhance the capacity of local service providers to better respond to the needs of individuals affected by FASD. The program provides in person evidence-based training to key sectors such as domestic violence, justice, primary health and housing. In 2018-19, FASD training was provided to 762 employees through 52 training sessions.

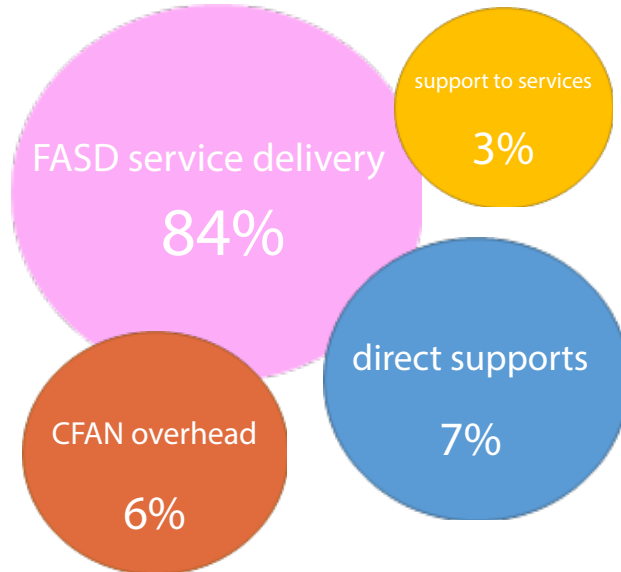
FASD Day Breakfast

FASD Day is a day of celebration in honour of those who are directly impacted by FASD. The 2018 FASD Day breakfast, included a carnival themed morning of family friendly games and a pancake breakfast, provided by the CFAN Caregiver Advisory Committee. The formal program was hosted by an individual with FASD and showcased the strengths and accomplishments of individuals and caregivers affected by FASD.



2018-2019 HIGHLIGHTS

CFAN 2018-19 Budget Overview



2018-19 Clients Served

285 light touch short term supports

647 individuals & caregivers

Training & Education
2,878 professionals trained
through 182 training sessions

FINANCIAL SUMMARY

Year ended March 31, 2019, with comparative information for 2018

	2019	2018
Revenues:		
Grant revenue	\$ 2,662,070	\$ 2,560,274
Fundraising and donations	18,575	39,853
Other	7,831	7,275
Training program fund revenue	6,425	–
Empowerment fund revenue	5,335	640
	<u>2,700,236</u>	<u>2,608,042</u>
Expenses:		
Grants – disbursed	2,283,225	2,089,475
Direct program costs	136,598	82,083
Support to services (note 7)	92,295	185,616
Salaries	89,668	102,705
General and administrative	70,794	77,231
Training program fund costs	34,985	–
Empowerment fund – disbursed	5,335	640
Amortization	1,708	2,655
	<u>2,714,608</u>	<u>2,540,405</u>
Excess (deficiency) of revenues over expenditures	\$ (14,372)	\$ 67,637

CFAN WORK IN ACTION



"Thankful for the opportunity to learn about FASD and what it entails, as well as prevention and treatment. Thank you for your presentation!"

"Knowledgeable! I learned a lot, kept good flow, and interest was held throughout the day. Thanks."

"Very informative! Very engaging! Good work!"



FASD Caregivers

GAME NIGHT



CFAN
Calgary
Fetal Alcohol
Network
Caring. Connecting.

ACKNOWLEDGEMENTS

Medigene Clinic

Over the last 20 years, Medigene Clinic has provided best practice FASD assessment and diagnostic services to children, youth, adults and families, in the Calgary and area community. As the largest community based clinic in Alberta, Medigene has led the way in developing professional and practice standards across the province and has influenced thousands of lives in the process. In acknowledgement of its final year of operation, CFAN would like to formally thank Medigene Clinic for their outstanding service to the community and to the field of FASD. A special thank you to Suzanne Johnson for her personal and professional leadership with the CFAN network; we wish her all the best in her retirement.

Suncor Energy Foundation

A special thank you to Suncor Energy Foundation for their phenomenal support to CFAN and FASD in 2018. The selection of CFAN as the charity of choice for the Suncor staff Christmas party was a particular highlight for CFAN. We would like to send a special thank you to the staff and leadership of Suncor Energy for their generous contribution to our work.



THANK YOU!

Thank you to our generous donors & funders

Government of Alberta's FASD Cross Ministry Committee
The Calgary Foundation
The Calgary Co-op Foundation
An Anonymous Donor
Suncor Energy Foundation
Kim Wagstaff

2018 -2019 CFAN Board of Directors

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Caring. *Connecting.*

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