

**YORK & SIMCOE FASD**

**INITIATIVE** *PROUDLY PRESENT THE*

***2<sup>nd</sup> ANNUAL FASD CONFERENCE***

***...a cross sector approach to FASD***

**November 3<sup>rd</sup>, 2021**

***Virtual***



# Wednesday Nov 3<sup>rd</sup>, 2021

**9:00 AM – 9:10 AM Welcome/Land Acknowledgement**

**9:10 AM – 10:30 AM Keynote – Laura Banks**

Laura is a social worker in private practice in Barrie, Ontario. She has been working in the field of childhood trauma with children, families, and adults for more than 20 years. Her work is born out of her passion and commitment to understanding how to help children heal those spaces inside of them that have interfered with their ability to love and be loved. Laura's work and life are enriched and inspired by the families living with and loving hurt and traumatized children. Her greatest teachers are always the children who have come into her life through 20 years as a treatment foster parent, an adoptive Mom of 7 and the many families she has provided counselling to. This blend of lived experience, academic and professional knowledge create a unique journey and perspective in the work that Laura does. Laura believes that children need security and commitment to heal. We all heal within relationships, relationships in therapy/service, in families and in communities. As a dedicated life-long learner she is currently completing her Masters of Social worker and believing we are never too old to learn.

**Developmental Trauma – Creating a trauma informed lens in service delivery**

Develop or deepen your knowledge on the neurobiology of trauma. Recent shifts in our thinking from, “what is the matter with me?” to “what happened to me?” helps us begin to ground our knowledge and interventions into brain-based practice. In doing so we begin to operate from a trauma informed perspective. A brief introduction on Developmental trauma will incorporate current research on neurobiology of affect regulation, attachment system and the social engagement system. Through providing sensory rich, attuned, and empathic caregiving/relationships we can help children to heal. With a trauma lens we can shape and create service that better meet the needs of our clients. When we can identify elements of trauma responses/symptoms we can incorporate the knowledge into the work we do with children, youth, parents, and adult clients.

Learning Objectives

- 1.) Describe Developmental Trauma and its impact on child development and attachment formation
- 2.) Describe the Polyvagal nerve as it relates to trauma
- 3.) List 3 strategies to decrease stress response in your clients and increase the capacity for regulation and being cared for

**10:30 AM – 10:45 AM BREAK**

**A1 FASD and the JUSTICE SYSTEM:** People who are affected by FASD disproportionately find themselves before the courts both as accused and as victims. Because FASD is largely an invisible disability the needs and capacities of people are often not properly considered. This session will look at practical strategies that can be used to try to get courts to better consider the realities facing people with FASD.

*Jonathan Rudin* received his LL.B. and LL.M. from Osgoode Hall Law School. In 1990 he was hired to establish Aboriginal Legal Services and has been with ALS ever since. Currently he is the Program Director. Mr. Rudin has appeared before all levels of court, including the Supreme Court of Canada. While at ALS he helped establish the Community Council – the first urban Aboriginal justice program in Canada in 1992, and in 2001 helped establish the Gladue (Aboriginal Persons) Court at the Old City Hall Courts in Toronto.

Mr. Rudin is the co-chair of the FASD Justice Committee. The Committee created a website on FASD and the justice system at [www.fasdjustice.ca](http://www.fasdjustice.ca). The website is designed for justice professionals and advocates who work with FASD affected individuals. The site has become the go-to site on the Internet for information on FASD and the justice system and was redesigned and relaunched this spring.

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*“Of all the substances of abuse, including cocaine, heroin and marijuana, alcohol produces by far the most serious neurobehavioral effects in the fetus.”*

*(Institute of Medicine 1996, Report to Congress)*

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- A2 FASD & Mental Health:** FASD it's associated with significant psychiatric comorbidity. Here we will explore common presentations and also discussed the challenges associated with diagnosis as well as treatment interventions. Specific case examples will be provided. Further discussion regarding models of care will also be explored.

**Dr. Mitesh Patel** is dually qualified in Child and Adolescent Psychiatry as well as Forensic Psychiatry with affiliations with the division of Forensic Psychiatry, Department of Psychiatry, University of Toronto and Centre for Addiction and Mental Health. Psychiatric areas of interest include youth forensic psychiatry, child and adolescent development, neurosciences and epidemiology related to youth raised in at-risk environments. Dr. Mitesh Patel is an Education Scholar with a focus on medical education in the areas of advocacy and psychiatric training. His clinical focus in the areas of criminal responsibility, fitness and risk assessments for youth and young adults.

- A3 Specialized Classrooms for FASD:** This session will focus on Fort and Temenos, two specialized FASD Classrooms in Waterloo Region. Presenters will share how they moved self-advocacy to the core of their social skills curriculum and how it has impacted their students and families. Additionally, they will discuss the staffing, structure, and other accommodations that uniquely support their students and families. This session will highlight insights from program strategies used to date as well as a program evaluation currently in progress.

**Ashley Schadenberg** is the Program Supervisor for Fort and Temenos. She has supported children and youth with FASD in community settings for 10 years, supporting many families to navigate the mainstream education system. Ashley joined Carizon's leadership team this year and continues to be passionate about FASD support, advocacy, and education.

**Vicky Mariano** is an FASD Classroom Worker who has been supporting the Temenos program since its inception. She has seen the program's evolution from pilot to permanent and played a key role in its success. Vicky has always had a passion for supporting youth with more than 10 years experience with youth in high-risk environments before joining the Temenos team.

**Josh Clark** has been working at Carizon for over 10 years, the last 5 supporting the Fort program. He loves the creative thinking, imagination, and flexibility that working with children with FASD requires. Josh has played a key role in program improvements over the last 5 years and is an asset to the team.

- B1 *Becoming Trauma-Informed: How Understanding Leads to Efficacy and Hope*** Dr. McLeod will describe the impact of trauma on the developing brain and present a model for better understanding how neurodevelopment, attachment, trauma, and regulation are related. The goal of the session is to provide a solid basis of understanding to help caregivers of all types better respond to some of the most challenging behaviour in children and youth.

*Dr. Kristen McLeod* is a registered clinical developmental psychologist who received her MA and PhD from the University of Guelph. Dr. McLeod worked in various clinical settings serving the needs of children and youth with complex mental health concerns. Much of Dr. McLeod's focus clinically is on better understanding the neurodevelopmental impact of trauma and neglect, and the challenges this impact creates for traditional methods of intervention and caregiving. A strong advocate of the need for trauma-informed care, Dr. McLeod provides regular workshops and trainings across Canada on developing trauma-informed approaches to diverse groups including early interventionists, early childhood educators, schools, medical and mental health professionals, and parents and prospective parents. She provides regular trainings and consultations specifically related to developing trauma-informed schools and provides support to numerous schools across Canada in their journeys to become more resilient in the face of trauma. Dr. McLeod now resides in Guelph, Ontario and is the Founder and Director of the Attune Trauma and Regulation Centre. The centre offers trauma-based therapy and consultation for children, youth and adults. In addition to the work at the centre, Dr. McLeod also provides weekly trauma-based consultation to Family and Children's Services of the Waterloo Region.

- B2 *Let's Talk About Sex: Strategies for Teaching Healthy Sexuality to Youth who have FASD*** While research on best practice and treatment models for providing education to individuals with FASD who engage in problematic sexual behaviours is limited, the presentation of concerning sexual behaviours is prominent. In this presentation we will explore the why, what and how to best meet the sexual health education needs of youth with FASD. Strategies, teaching tools and adaptive models of support will be discussed and reviewed.

*Christa Salmon, MSW, RSW*, has worked as the Central East Educator/ Behaviour Consultant with the Centre for Behaviour Health Sciences Program for the Assessment and Treatment for Healthy Sexuality (P.A.T.H.S.) since 2003. She specializes in the area of assessment and treatment of sexually abusive behaviours and persons with intellectual disabilities. She also provides clinical consultation, training, and workshops for community partners. Christa has presented at a number of national and international conferences.

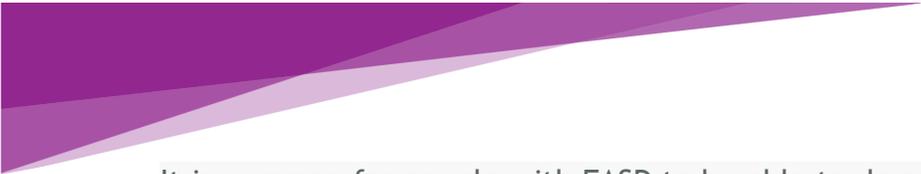
*Tiffany Charbonneau* has been working with the Centre for Behaviour Health Sciences since 2006 and a part of the PATHS team since 2011. Her role includes supporting individuals with sexually concerning behaviours in the community through assessment, treatment, and risk management. She currently has her bachelor's degree in psychology.

**B3 Supporting the Person with FASD through a Sensory Lens:** This session will explore the neurological structures, events and relationships that are involved in sensory processing. We will also explore how sensory processing supports regulation, function, and higher-level skills, like executive functions. Children and adults with FASD can process sensation differently and we will learn about these differences and how to support the nervous system in someone with FASD.

Goals for this session:

- learn about sensory processing
- learn how sensory processing supports function, regulation, and higher-level skills
- learn how FASD can affect sensory processing
- learn strategies to support the person with FASD using sensory strategies

**Paula Aquilla, OT Reg. (Ont)** is an occupational therapist and an osteopathic manual practitioner living and working in Toronto. She has a special interest in sensory processing, and she loves learning!



It is common for people with FASD to be able to do something one day and not the next. Some people with FASD to make up a story if they have forgotten something or if they do not understand why something happened (cause and effect). This is due to the brain damage caused from the fetal alcohol exposure and not because they are doing this on purpose

FASD Ontario Common Misconceptions

## 1:30 PM – 3:00 PM Keynote – Dr. Robyne Hanley-Dafoe, Expert on Resiliency and Workplace Wellness

Described as one of the most sought-after, engaging, thought-provoking, and truly transformative international speakers and scholars in her field, Dr. Robyne Hanley-Dafoe is a multi-award-winning psychology and education instructor who specializes in resiliency, navigating stress and change, and personal wellness. Her keynotes provide practical strategies, grounded in global research and case studies, that help foster resiliency within ourselves and others. Hanley-Dafoe's work is inspired by personal experience. She learned resiliency from the ground up as someone who has experienced significant obstacles throughout her life. This, combined with more than 16 years of university teaching and research experience, makes Hanley-Dafoe's work both accessible and relatable while providing realistic and sustainable strategies for understanding and practicing resiliency and wellness. Hanley-Dafoe is also the author of *Calm Within the Storm*, which outlines a kinder approach to taking on the challenges of life and developing authentic self-alignment and balance.

**How to Transition Resilient Practices into Committed Action:** In this keynote and workshop, Robyne introduces the concept of resiliency from a broad worldview that incorporates five key areas that are informed by research. Sharing from Robyne's experiences traveling the globe, and from working with diverse groups ranging from health care to education, to front line workers, leaders, families, athletes to organizational giants, Robyne reviews what people have in common that contributes to resiliency through narrative pedagogy.

The workshop then dives deeper into the concepts of everyday resiliency by providing space and opportunities for participants to reflect, forecast, plan, and enact. The aim of this session is to learn the skills sets and micro behaviours that promote resilient practices that foster the capacity for resiliency within others and ourselves. The building from the keynote, the workshop explores the ever-elusive balance of managing competing demands, stress, pressures, and responsibilities, while also looking after one's self.

Robyne's work highlights practical strategies and ideas grounded in optimal stress, value alignment, attunement and the importance of continued goal setting and committed action. Robyne will also share candid encounters with resiliency that are research informed and readily available to all of us.



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Despite years of research, there is no safe level of alcohol consumption at any time in pregnancy. That's why no alcohol consumption is recommended during pregnancy. If you are using alcohol, use reliable birth control to prevent an alcohol-exposed pregnancy. If you are trying to get pregnant or think you might be pregnant, stop using alcohol immediately (Canadian Centre on Substance Use and Addiction, 2018).

# REGISTRATION

## \$150.00/person

To register and pay on line click register here

[Register Here](#)

OR

Fax registration form to 705-728-7456 to receive an invoice

**REGISTRATION FORM: (invoice will be issued to email address provided)**

### Contact Information:

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

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

Telephone #: \_\_\_\_\_

### Concurrent Session Choices:

Session A 10:45 AM – 11:45 AM	First Choice	Second Choice	Session B 12:15 PM – 1:15 PM	First Choice	Second Choice
FASD and the Justice System – A1			Becoming Trauma Informed – B1		
FASD and Mental Health – A2			Let's Talk About Sex – B2		
Specialized Classrooms for FASD – A3			Support Through a Sensory Lens – B3		

### CANCELLATION POLICY:

Cancellation/withdrawal requests should be sent to Patty Barnes at [patty.barnes@mackenziehealth.ca](mailto:patty.barnes@mackenziehealth.ca) and will be accepted without penalty until October 15<sup>th</sup>, 2021. No refund will be issued after October 15<sup>th</sup>.

### CONTACT INFORMATION:

For more information, contact Patty Barnes at [patty.barnes@mackenziehealth.ca](mailto:patty.barnes@mackenziehealth.ca) OR 705-728-9143 ext 2229

THANK YOU – LOOK FORWARD TO SEEING YOU THERE