



FASTD Support & Resources

Supportive Action

- All individuals – regardless of their age or role in someone’s life – can help pregnant women and girls in reducing or eliminating their alcohol use, and can support them to access physical and mental health services to improve their safety and well-being.

How to Support Women and Girls Who are Pregnant

1. Take a break from alcohol or avoid drinking around her and in social situations.
2. Support her in saying “no” when she is being offered alcohol by others.
3. If hosting social events, have non-alcohol drinks available.
4. If accompanying a pregnant person to social events, bring non-alcohol drinks.
5. Take part in social and recreational activities with her that do not involve alcohol.
6. Help reduce the stress in her life (ask for specific details of how you can help).
7. Encourage her to seek support from health professionals for a healthy pregnancy.

Community Resources

Young People, Age 12 to 24 (service for males & females)

Opt Clinic | Options for Sexual Health

(STI care & contraception)

Phone: 1-800-739-7367

West Kelowna Opt Clinic

#160-2300 Carrington Road

West Kelowna

Drop-in: Tuesday, 6pm-8pm

Foundry Kelowna Opt Clinic

100-1815 Kirschner Road

Kelowna

Drop-in: Wednesday, 6pm-9pm

The Bridge Youth & Family Services

Addictions Services

Youth Withdrawal Management (YD33)

Phone: 250-763-0456

Email: info@thebridgeservices.ca

Website: thebridgeservices.ca

The Bridge Youth & Family Services

Children & Youth Initiatives

Youth Outreach – Wellness Centre

Connected by 25

Phone: 250-763-0456

Email: info@thebridgeservices.ca

Website: thebridgeservices.ca

Okanagan Valley Pregnancy Care Centre

Counselling, Options, After Abortion Care

#201-2622 Pandosy Street, Kelowna

Phone: 250-763-2112

Email: confidential@ovpcc.com

Website: www.ovpcc.com

Community Resources

Supportive Partners, Friends or Others (service for males & females)

Okanagan Valley Pregnancy Care Centre
Counselling, Options, After Abortion Care
#201-2622 Pandosy Street, Kelowna
Phone: 250-763-2112
Email: confidential@ovpcc.com
Website: www.ovpcc.com

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Addictions Services
Youth Withdrawal Management
(YD33)
Phone: 250-763-0456
Email: info@thebridgeservices.ca
Website: thebridgeservices.ca

Coalescing on Women and Substance Use
Centre of Excellence for Women's Health
Pregnancy, Mothering and Substance Use
Young Women, Alcohol and Substance Use
Phone: 604-875-2633
Email: npoole@cw.bc.ca
Website: <http://coalescing-vc.org>

Individuals & Families Living with FASD

Spec-Team Assessment Society
FASD Assessment Services
Bernadette O'Donnell
Phone: 250-938-5022
Email: info@specteamassessment.com
Website: www.specteamassessment.com

The Bridge Youth & Family Services
Parent Education & Support
Phone: 250-763-0456
Email: info@thebridgeservices.ca
Website: thebridgeservices.ca

ARC Programs Ltd.
Support Services for Families (FASD)
Candice Henriques
Phone: 250-763-2977 ext. 120
Email: chenriques@arcprograms.com
Website: www.arcprograms.com

Pregnancy, Alcohol and Trauma-Informed Practice

(BC Centre of Excellence for Women's Health, BCCEWH, 2013c)

Pregnancy, Alcohol, and Trauma-informed Practice

Information for Service Providers

Current or past experiences of violence and trauma are one of the major reasons why a woman may continue to drink throughout her pregnancy. Being a "trauma-informed" service provider means learning to see every aspect of your service or program from the perspective of a woman who has experienced or is experiencing violence or trauma.

WHAT IS TRAUMA?

Trauma can result from early experiences in life such as child abuse, neglect, and witnessing violence as well as later experiences such as violence, accidents, natural disaster, war, and sudden unexpected loss. Trauma results from experiences that overwhelm an individual's capacity to cope.

- ▶ Post-Traumatic Stress Disorder (PTSD) is a diagnosis used to describe one type of mental health response that can result from trauma.
- ▶ Using substances to cope is very common amongst women with current or past experiences of trauma.


A STRONG RELATIONSHIP: VIOLENCE, TRAUMA AND FASD

In a study of 80 mothers who had given birth to a child with FASD:



CHANGING THE CONVERSATION

Working from a trauma-informed perspective means changing how we think and talk about alcohol use during pregnancy.

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| "Why is this woman continuing to drink alcohol and placing her child at risk of FASD?" | ⇒ | "Even though she knows the facts, there's a reason she's still drinking. I wonder...." |
| "She doesn't care about her baby." | ⇒ | "She's making decisions to keep herself and her baby safe." |
| "I just need to show her how bad drinking during pregnancy is." | ⇒ | "I need to show her that it's safe for her to share what's happening in her life and that I am able to support her." |
| "Her drinking is a problem." | ⇒ | "Her drinking is an attempt to cope with problems." |
| "What is wrong with this woman?" | ⇒ | What happened to this woman?" |

References

1. Astley, S.J., Bailey, D., Talbot, T., Clamen, S.K. (2000). Fetal alcohol syndrome (FAS) primary prevention through FAS Diagnosis: II. A comprehensive profile of 80 birth mothers of children with FAS. *Alcohol & Alcoholism*, (35) 5: 509-519.
2. Poole, N. and L. Greaves, eds. (2012). *Becoming Trauma Informed*. Centre for Addiction and Mental Health Toronto, ON.
3. Royal College of Nursing. (2008). *Informed Gender Practice: Mental health acute care that works for women*. National Institute for Mental Health: London, UK.
4. Uiquhart, C. and Jasjare, F. and the TIP Project Team. (2013). *Trauma-Informed Practice Guide*. BC Provincial Mental Health and Substance Use Planning Council.

Key Facts on Alcohol and Pregnancy

(National Organization on Fetal Alcohol Syndrome, NOFAS, 2014c, par. 28)

There is no safe amount or type of alcohol to consume during pregnancy.

Any amount of alcohol, even if it's just one glass of wine, passes from the mother to the baby. It makes no difference if the alcohol is wine, beer, or liquor (vodka, rum, tequila, etc.)

A developing baby can't process alcohol.

Developing babies lack the ability to process alcohol with their liver, which is not fully formed. They absorb all of the alcohol and have the same blood alcohol content as the mother.

Alcohol causes more harm than heroin or cocaine during pregnancy.

The Institute of Medicine says, "Of all the substances of abuse (including cocaine, heroin, and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.

Alcohol used during pregnancy can result in FASD.

An estimated 40,000 newborns each year are affected by FAS, Fetal Alcohol Syndrome, or have FASD, Fetal Alcohol Spectrum Disorders, with damage ranging from major to subtle.

1 in 100 babies have FASD, nearly the same rate as Autism.

FASD is more prevalent than Down Syndrome, Cerebral Palsy, SIDS, Cystic Fibrosis, and Spina Bifida combined. Alcohol use during pregnancy is the leading preventable cause of birth defects, developmental disabilities, and learning disabilities.