



THE ASANTE CENTRE
for fetal alcohol syndrome

The Fetal Alcohol Spectrum Disorder (FASD) Society for British Columbia,
Governing body of The Asante Centre

Vol II, No 1.

January 2008

The Fetal Alcohol Spectrum Disorder (FASD) Society for British Columbia Board of Directors And The Asante Centre for Fetal Alcohol Syndrome Multidisciplinary Team and Staff would like to wish everyone a Happy and Successful New Year.

Please join us in our commitment to the Prevention and Awareness of Fetal Alcohol Spectrum Disorder.

Multidisciplinary Team Members

Dr. Kwadwo Ohene Asante, Pediatrician, Medical Director

Dr. Deborah Hewes, Pediatrician

Dr. John Archer, Pediatrician

Dr. Julianne Conry, Registered Physiologist,
Director of Assessment Services and Research

Kristal Bodaly, Speech and Language Pathologist

Carol Woodworth, Speech and Language Pathologist

Dr. Jake Locke, Child Psychiatrist

Anne Eichmann, Manager of Clinical Services

Kwenu Turkson, Social Worker,
Family and Community Support Coordinator

Administration Staff

Audrey Salahub, Executive Director

Anne Smithson, Client File Manager

Diane Hambly, Assessment Coordinator

Donna Thomas, Executive Assistant

Patricia Andersen, Administrative Assistant



The Asante Centre receives \$5418.46 from the Ridge Meadows Opry Society

We would like to send our heartfelt appreciation for sharing the profits from the Opry on October 27th, 2007 and helping us to bring awareness to Fetal Alcohol Spectrum Disorder. We are grateful to the Ridge Meadows Opry Society, Karin and Andy Clevon, Musicians and Performers (who donated their time and talent), Volunteers, Sponsors, and Audience for making this wonderful event happen. The Entertainment was spectacular!

With your support, The Asante Centre is able to provide leading-edge services and research that helps impact the health and well-being of those people living with FASD. Thank you!

Upcoming Events

Working with Youth Living with FASD Level II Training

FASD & Mental Health with Dr. Jake Locke, psychiatrist—

January 16th in Surrey from 9am to 12 pm

Upcoming:

FASD & Learning Disabilities with Dr. Julie Conry

FASD & Adaptive Learning Issues with Sara Dewar, PLEA

FASD & Language Issues with Kristal Bodaly, SLP

Contact the Asante Centre to register.

FASD Parent Support and Education

For dates and times of parent-to-parent support groups and parent education in the Fraser Health region visit Events and News on the Asante Centre website.

Third National Biennial Conference on Adolescents and Adults with FASD

FASD and Mental Health: The Wisdom of Practice

Apr 10-12, 2008 at the Coast Plaza Hotel and Suites in Vancouver. Visit www.interprofessional.ubc.ca for more information.

Building on our Strengths: Stone by Stone

May 21st to 24th, 2008 in Banff Alberta. Visit www.child.gov.ab.ca/fasd for more information.

For more information and other events visit the Asante Centre website and click on the Events and News link.



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FASD and Sleep Disturbances

Having normal sleep is necessary for everyone's general well being. Sleep disorders can have a significant impact on the health and quality of life for both children and their parents. Poor sleep not only affects the child's daytime learning and behavior but also impacts the entire family when the child is unable to fall or stay asleep or awakens frequently during the night.

There are over 100 recognized sleep disorders in children. While approximately 15% of the normal population has sleep problems, among children with disabilities, the prevalence is much higher, sometimes up to 80% of the individuals who have a chronic condition. In the normal population,

sleep problems can often be treated with "sleep hygiene"—techniques that promote better sleep. However, among those with disabilities, the etiology may be different and, for some, may be associated with deficient melatonin secretion. Our anecdotal experience, based on parent reports, suggests that children with FASD have a high risk of developing sleep disturbances.

Funded by the Victoria Foundation and in collaboration with Dr. James Jan and Dr. Osman Ipsiroglu, internationally known experts on sleep disorders in children, the Asante Centre will be studying sleep disorders among children diagnosed with FASD. The study is in two parts. The first phase of the study is to describe the burden of sleep disturbances on the family and society. The second phase of the study will be to develop tailored therapeutic interventions. We will be recruiting participants for this study from among those we have diagnosed with FASD.

To our knowledge, this is the first study to identify and treat sleep disturbances among children diagnosed with FASD. We are excited to be part of this groundbreaking research.

The multidisciplinary research team:

Principal Investigator: James E. Jan (MD, FRCP(C), Paediatric Neurologist
Clinical Co-Investigators: Osman S. Ipsiroglu (MD, MAS, Paediatrician in charge of Part I: Burden of the Disease; K. O. Asante (MD, FRCP(C), J. Conry (PhD, R.Psych.) & C. Look (MD, FRCP(C) Specialists in FASD, in charge of Part II/Therapeutic Interventions)
Multidisciplinary Co-Investigators: D.Hamilton (B.Sc., Pharmacist); M. Wasdell (MA, B.Sc., Methodologist) & R. Milner (B.Sc., Methodologist, Epidemiologist), C. Mitton (PhD, Health Economist), B. McKellin (PhD, Medical Anthropologist, Linguist)

FASD Key Workers throughout B.C.

Key workers are available throughout B.C. to assist families in understanding FASD by providing education and information specific to the needs of the child and family. They are familiar with community resources, assist families in accessing support, health and education services and are involved in the development of local support services. They also provide emotional and practical support to families.

Key workers recognize that each family is unique and understand their role as one that builds on a family's strengths.

To find out who the Key Worker is in your area

- visit the Asante Centre website and go to the resources section for a list of contact names or numbers, or,
- visit the provincial government website at www.mcf.gov.bc.ca/fasd/ for a more in-depth description of the program.

What can you do?

Become a member of the Fetal Alcohol Spectrum Disorder (FASD) Society for British Columbia!

Name/or Organization: _____

Your Charitable Donations are appreciated.

Mailing Address: _____

Donation (tax receipt provided): _____

Phone: _____

Email: _____

or become a member on our website

www.asantecentre.org



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Send cheque or money order to:

Fetal Alcohol Spectrum Disorder (FASD) Society for B.C.

103 – 22356 McIntosh Avenue. Maple Ridge, BC V2X 3C1

E-mail: info@asantecentre.org

THANK YOU FOR YOUR SUPPORT!

We are sad to see Alicia Bodaly leave us and wish her all the best, but happy to introduce the newest member of the Asante Centre staff.

Diane Hambly is the new Assessment

Coordinator.

Welcome Diane!



? When can someone be assessed for FASD?

Individuals can be diagnosed with FASD at anytime in their lives. Some babies are diagnosed at birth by a pediatrician, while other individuals do not access assessment services until they are adults. Early diagnosis may be associated with better outcomes.