



**THE ASANTE CENTRE**

# **Impact Report 2018-2019**

**[WWW.ASANTECENTRE.ORG](http://WWW.ASANTECENTRE.ORG)**



## Building Resilience.

"FASD is part of me, it does not define me. Understanding FASD & myself has been one of the biggest reasons I'm successful today."

- Adult living with FASD





## MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

If this year could be described in an activity, it would be yoga - characterized by flexibility, strengthening, and personal growth. We stretched in ways that we hadn't imagined, including in size and learning.

We established two critical new services to fill in gaps that families experience:

- Our primary care clinic offers specialized healthcare for patients with FASD and other neurodevelopmental conditions, an underserved and often misunderstood community whose unique health needs are often left untreated.
- Our peer mentorship programming for youth with FASD supports social inclusion and self-understanding and helps build leadership skills among the next generation.

Both services are significant leaps towards de-stigmatization of FASD and other neurodevelopmental conditions as we build awareness and strengthen the voices of people with lived experience.

This year, the Centre also stepped forward to articulate and act upon our commitment to reconciliation through the services and supports we continue to provide with Indigenous families and communities. We commit to an in depth internal and external reconciliation transformational process so that we can not only provide culturally relevant and respectful assessments and services, but also advocate for changes in the way the healthcare system views and interacts with Indigenous peoples.

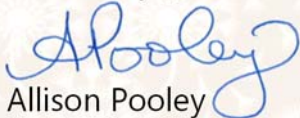
Our team has shown amazing strength and commitment to positive outcomes for families throughout the year as we develop new muscles and practice new skills. We served 153 more families this year (a 64% increase), increased our operating budget by 21%, and improved cashflow and reserves for sustainability.

Basically, we are doing more, for more families, better.

This coming year, join us in our September awareness campaign for FASD, help us increase clinical capacity if you know any amazing psychologists or physicians, and stay in touch with us through our website blog!

To our families, our entire team, partners, funders, and other stakeholders, thank you for believing in the potential of people with FASD and other neurodevelopmental conditions, and for supporting our organization as a place that helps people exceed their own expectations.

Best always,

  
Allison Pooley



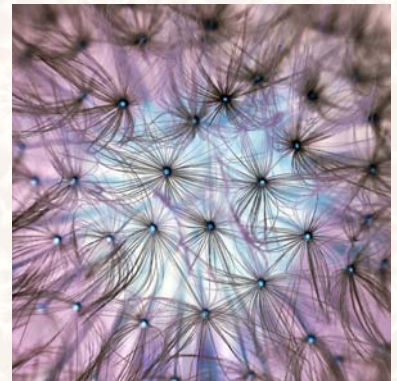
# COMMITTED TO HEALTHY BRAIN DEVELOPMENT & THE POTENTIAL OF PEOPLE WITH FETAL ALCOHOL SPECTRUM DISORDER (FASD) & OTHER DEVELOPMENTAL DISABILITIES

People develop uniquely in their personalities, learning styles, growth, and development. The Asante Centre looks at how different factors influence these aspects of life at the pre-conception, pregnancy, and early childhood phases. For example, developmental stressors can impact brain and physical development across the lifespan.

The diversities in the growth and development of individuals is examined by our interdisciplinary team. The team spends a lot of time learning about our clients through their individual assessments. They read records on the person's holistic development. They speak with the individual, their family, and their support networks too.

Findings from assessments help the individual better understand themselves. They help the family and community better communicate with, understand, and support the goals, strengths, and needs of their loved one too. Through assessments, people living with FASD and other neurodevelopmental conditions are better able to find and connect to support services available within their communities.

The Asante Centre aims to reduce the stigma tied to the diagnosis of FASD and other neurodevelopmental conditions through community education and advocacy efforts.



## AUDREY SALAHUB RETIRES AFTER 18 YEARS AS ASANTE CENTRE'S EXECUTIVE DIRECTOR



Audrey Salahub retired from her Executive Director role in October 2017. Her vision and outstanding efforts to engage and empower individuals, families, and organizations to better understand and support FASD were critical to the establishment of the Asante Centre. Thank you Audrey for your passion, dedication, & hard work!

This picture was taken at Audrey's retirement celebration this past year. From the Left: Carol Woodworth, Dr. Asante, Dr. Julie Conry, Audrey Salahub, and Pam Munro at Audrey's retirement celebration



## CONGRATULATIONS DR. ASANTE!

Congratulations to Dr. Kwadwo Asante, our namesake and founding Medical Director, who was awarded the Doctors of BC Silver Medal of Service! This achievement was given to recognize his long and distinguished service to the Doctors of BC, and outstanding





## HONOURING THE TRUTH, RECONCILING FOR THE FUTURE

The Truth and Reconciliation Commission of Canada (TRC) released its final report titled, *Honouring the Truth, Reconciling for the Future* in 2015. This document lists calls to action that if implemented, could effectively address the racism and discrimination that Indigenous people have faced in Canada.

The Asante Centre is committed to our part in making reconciliation a reality. As part of this commitment and according to recommendations outlined in the TRC report, the Centre closed its doors on August 15 to hold an in-service on Truth and Reconciliation. Workers at The Asante Centre and The *Through an Aboriginal Lens* program gathered on unceded Katzie territory for this day-long session to listen to and acknowledge the intergenerational trauma of racism and discrimination of Indigenous peoples.

This event facilitated meaningful discussions about what Truth and Reconciliation means as both a human being and an organization. It was an emotional day, facilitated by Chastity Davis Consulting. "For me, the reconciliation process has been about education and awareness," states Anne-Marie, our Administrative Coordinator. "With a better understanding of what Aboriginal people have experienced and still live with today, I hope I can support our clients with a heightened sensitivity to their needs, realizing that our experiences have brought us to where we are today. We are all unique in the way we cope."

This session has been a catalyst in transforming our thinking about our assessment process, how we relate and work with others, and how we live our lives outside of the office. It was just the first step in the right direction as we evaluate every one of our processes through a lens of truth, respect, and reconciliation.

The Asante Centre respectfully acknowledges the traditional unceded territories of the Katzie and Kwantlen First Nations, on which we our offices are located.

## ORANGE SHIRT DAY 2018

In honour of those who experienced the trauma of Residential Schools (survivors and those who were lost), our partners, Native Courtworker and Counselling Association of BC's *Through an Aboriginal Lens* organized a potluck lunch with two guest elders for Orange Shirt Day. The event was open to the public and held in Maple Ridge.





# Creating Understanding.

"My view has changed. Before I didn't want to be with "those" people. Now I understand others who have FASD better."

- Youth, Mentorship Program Participant



We restructured our speech therapy program to help us serve more children and families. Under our new model, we have added parent coaching and group-based speech therapy programs. Our goal is to support families in supporting their children and youth.

**This year, we were able to see every child on our waitlist.**



The use of technology has expanded our reach in communities. Just this year, we used virtual health to complete a youth's speech and language assessment. We launched our new electronic medical records system, Input Health, to better serve rural & remote areas of BC.

**The implementation of virtual health & electronic medical records systems helps us better serve families in their home communities.**



Assessments can be stressful and anxiety-provoking for families. To help with these feelings, our team traveled to different parts of BC to complete assessments. Not only does this help lower the level of stress an individual feels, but it helps our clinicians better understand the context of our clients' living situations. This helps them make better recommendations of support services & community resources available to the individual.

**With your support, we were able to serve children, youth, & adults living in communities all across BC.**



## YOUR SUPPORT HELPED US ACHIEVE THE FOLLOWING:

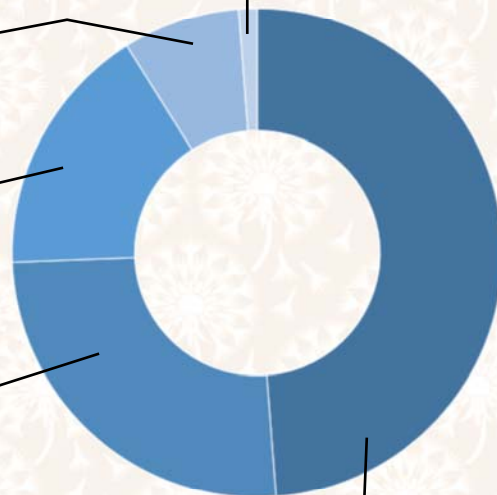
**3 Stand-Alone Speech & Language Assessments**

**19 Comprehensive Psychology Assessments**

**41 Complex Child & Youth Assessments**

**63 Autism Assessments**

**120 FASD Assessments**



## ADDING UP TO A TOTAL OF 246 ASSESSMENTS THIS PAST YEAR

Assessment is so important to the health, growth, and development of children and adults living with developmental disabilities. They help connect families and clients to appropriate community resources. They build understanding, resilience, and potential at the individual, family, and community levels.



Our amazing speech pathologists provided 275 direct speech therapy hours to children and youth at the centre. More than 25 children & youth received our speech therapy services. This support helps children and their supports better communicate with one another.

## COMMITTEE REPRESENTATION THIS YEAR:

- Children's Partnership, Surrey – White Rock
- Coast Fraser Mental Health Needs Committee
- FASD Collaboration Roundtable
- Surrey Youth Transition Planning Committee
- Surrey Child and Youth Committee
- Maple Ridge Pitt Meadows Katzie Nation Community Network
- Maple Ridge Trauma Informed Practice Community of Practice
- FASD Collaboration Roundtable Conference
- Reimagining Community Inclusion committee
- 2018 Health and Wellbeing in Children, Youth, and Adults with Developmental Disabilities







## Positive Self-Identity.

"I like coming and learning about the brain and FASD from people that have it. The real FASD, not the Google version."

- Youth, Mentorship Program



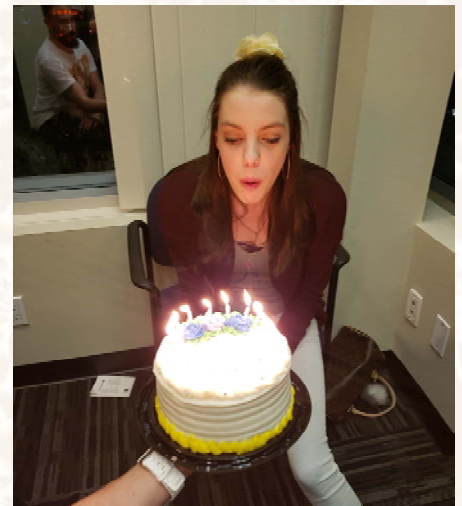


## ASANTE CENTRE LAUNCHES PEER MENTORSHIP & CONSULTATION PROGRAM



Asante Centre's FASD Peer Mentorship Group is a community-building program led by two adult mentors with FASD. Participants who are currently involved in the program come each week to learn more about themselves and build meaningful relationships with others who have similar successes and challenges.

The Group utilizes the *Playing to Our Strengths Improv Toolkit*, developed by Dr. Michelle Stewart and Dr. Rebecca Caines with the University of Regina, to teach and learn about concepts like executive functioning, processing and sensory impairments in a developmentally-appropriate, engaging, and memorable way. Participants also learn important life skills such as budgeting and healthy relationship building



Participants also learn about themselves and the FASD community in a strengths-based manner, and they pick up crucial self-advocacy skills along the way. "Some participants have even expressed interest in taking on mentoring roles themselves in the future," states Holly Wingert, our Youth Justice and Mentorship Coordinator.

**"Because of you (others in the room), I understand myself:"**

- Youth Participant, Youth Mentorship Program



The group fosters a safe learning environment where all questions are welcome, stigma is challenged, and fun is guaranteed. Currently, 10 youth and adolescents ranging from 12 to 24 years participate.

We are also proud to offer one-on-one FASD peer mentoring services, which are individualized to the client's needs. Mentors work alongside clients and their families to establish goals for knowledge transfer and skill building. This mentoring can be ongoing or time-limited.

To find out more, please call Holly Wingert at 604-467-7101 ext. 108. If you would like to donate to our peer mentorship program, please visit our website at [asantecentre.org](http://asantecentre.org) or call us at 604-467-7101.



# Unlocking Potential.

"I'm grateful to finally find a clinic that addresses Adult ADD. I've found that most GPs are resistant or unaware of the issues around ADD. This issue is affecting my health...I'm now feeling hopeful."

- Primary Care Client, Asante Centre

## SPECIALIZED PRIMARY CARE FOR PEOPLE LIVING WITH FETAL ALCOHOL SPECTRUM DISORDER & OTHER DEVELOPMENTAL DISABILITIES

This year, we launched our specialized, primary care services. These services are accessible to people of all ages who are living with FASD or other developmental disability.

Individuals living with developmental disabilities have complex health issues differing from those of the general population. Diagnoses are recognized as "full-body" and have significant impacts on the brain, cellular development, the immune system, brain chemistry, metabolic systems, skeletal formulation, organ development, and more.

These general and specific health disparities require adapted procedures, including greater involvement of caregivers and community collaboration to help offset the intellectual, communication, memory, and reasoning symptoms experienced. Our primary care doctors have additional training in developmental disabilities. They provide care for patients and build understanding of their unique healthcare needs.

Physicians are available for ongoing service as the person's general practitioner, as well as consultation with community general practitioners to enhance patient care across BC.

If you or someone you know is interested in our specialized primary care services, please call the Asante Centre's Surrey office at 778.564.7101 to make a referral. Services are covered through MSP.



~110 clients accessed our specialized primary care services last year.

## CONGRATULATIONS DR. KYLE SUE, MYLES HIMMELREICH & ALLISON POOLEY

For receiving the People's Choice award at the 6th Health and Wellbeing in Children, Youth, and Adults with Developmental Disabilities Conference for their poster titled "Exploring the Health Needs of People with FASD and Other Neurodevelopmental Disorders."





## THANK YOU TO OUR COMMUNITY CATALYSTS



BC MENTAL HEALTH  
& SUBSTANCE USE SERVICES



COMMUNITY LIVING  
BRITISH COLUMBIA



First Nations Health Authority  
Health through wellness



MR. AND MRS. P.A.  
WOODWARD'S  
FOUNDATION



REAL ESTATE BOARD  
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VANCOUVER



Provincial Health  
Services Authority  
Province-wide solutions.  
Better health.



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BRITISH  
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CIBC  
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## MAKE A DIFFERENCE. BECOME A COMMUNITY CATALYST TODAY.

Your gift helps us invest in innovative approaches that address developmental stressors and support people with developmental disabilities. Right now, we need your help to continue our mentorship program.

Mentorship creates value for both the mentor and the mentee, working together to build skills and self-esteem. It helps fight old stigmas to help people thrive and survive. To make a donation today, please visit us at [asantecentre.org](http://asantecentre.org) or call us at 604-467-7101. Thank you.



**Donate today at  
asantecentre.org**

ASANTE CENTRE

Governed by the  
FASD Society of BC

[info@asantecentre.org](mailto:info@asantecentre.org)

Charity #: 862526126RR0001

**MAPLE RIDGE OFFICE**

604.467-7101

103-22356 McIntosh Avenue

Maple Ridge, B.C. V2X 3C1

**SURREY OFFICE**

778-564-7101

303-7337 137th Street

Surrey, BC V3W 1A4

