

# Community Healing and Intervention Program Newsletter: Spring 2004

**Ki'su'k Kyukyit!** Welcome to the **Spring 2004** edition of the Community Healing and Intervention Program (CHIP) Newsletter.

We have a lot of exciting information in this newsletter. The theme for this newsletter is **community development**. More and more people are becoming interested in Fetal Alcohol Spectrum Disorder (FASD). In the East Kootenay region, there is a growing community of people who are taking **small action steps** to support people with FASD and to prevent FASD in the future.

Thank you for reading this newsletter, and thank you for the work that **you** do regarding FASD!



## FASD Warning Sign Bylaws in the East Kootenay region

- The East Kootenay region continues to lead the way in terms of posting FASD Warning Signs
- These signs provide information about the risks to the developing baby when a pregnant woman drinks alcohol
- The goal of the signs is to encourage communities to support healthy, alcohol-free pregnancies
- Here's an update from across the region:
- **Fernie** passed an FASD warning sign bylaw in May, 1992; the Alcohol and Drug Prevention committee is working with the City of Fernie to ensure that all affected

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businesses have the signs and post the signs

- **Cranbrook** passed an FASD warning sign bylaw in October, 2002; overall, the response from businesses has been very positive
- **Kimberley City Council** has decided not to pass a warning sign bylaw; however, the Kimberley Chamber of Commerce is willing to have the signs posted; CHIP and the Kimberley FACIT will be following-up on this
- **Creston:** Based on initial discussions with the mayor, it appears that there is a real willingness to pass an FASD warning sign bylaw; we'll keep you posted
- **Invermere:** The District of Invermere has conditionally passed an FASD warning sign bylaw, but they are waiting for confirmation from the Ministry of Community, Aboriginal and Women's Services

- **Golden:** The town of Golden has decided not to pass an FASD sign bylaw; however they are planning to make signs available for business to post on a voluntary basis
- **Regional District of East Kootenay:** The RDEK has conditionally passed an FASD warning sign bylaw; this is great news as several key businesses (e.g. Fernie ski hill) are within the RDEK; similar to Invermere, the RDEK is waiting for confirmation from the Ministry of Community, Aboriginal and Women's Services
- **If you are travelling throughout the East Kootenay region or in your own community, please thank any businesses that have FASD warning signs posted**
- If you would like more details regarding FASD warning sign bylaws in the East Kootenay region, please contact the main CHIP office at 250-489-3373 or [chip@cyberlink.bc.ca](mailto:chip@cyberlink.bc.ca)

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## Asset Mapping in the Ktunaxa Nation

Using funding from the First Nations and Inuit Health Branch of Health Canada, the following communities have recently completed an asset map and an initial FASD action plan for each of their communities:

- Lower Kootenay
- Tobacco Plains
- Columbia Lake
- St. Mary's

Asset mapping is a tool that allows communities to inventory the positive aspects or strengths of their communities. There are four main types of assets:

- Assets that support the physical needs of children, families and community
- Assets that support the social-emotional needs of children, families and community
- Assets that support the intellectual needs of children, families and community
- Assets that support the cultural-spiritual needs of

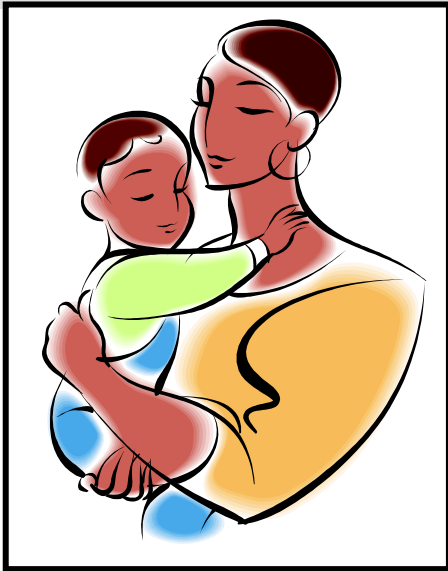
children families and  
communities

The asset map is a general tool that could be used by any department or community group to assist with planning. The purpose of the asset map is to encourage communities to build on their strengths with the resources that are readily available. The emphasis is on small, achievable action steps that continue to enhance the community's strengths.

For the purposes of the First Nations and Inuit Health Branch, the asset maps were used to develop FASD action plans. After each community developed its asset map, the assets that would make the most positive impact on the issue of FASD were identified. FASD action plans were then developed based on these key assets.

If you would like more information regarding asset mapping, please contact Lynnette Wray at 250-489-3373.

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## FASD Action Groups Throughout the East Kootenay Region

- Following a meeting in June, 2003 in Kelowna, there has been work going on to create an FASD action group in each of the larger communities throughout the East Kootenay region
- The work of each FASD action group will be unique, depending on the identified needs and the available resources in each of the communities
- If you are interested in learning more about the FASD action groups, the contact people are as follows:
- **Creston:** Susan Low, [dslow@telus.net](mailto:dslow@telus.net)

- **Cranbrook:** Jacquie Weyman [jweyman@summitfamily.ca](mailto:jweyman@summitfamily.ca) & Pat Chisholm [pchisholm\\_bb@hotmail.com](mailto:pchisholm_bb@hotmail.com)
- **Fernie:** Betty Robb [betty.robb@sd5.bc.ca](mailto:betty.robb@sd5.bc.ca)
- **Invermere:** Joyce Rhodda (Ph. 250-342-7325) & Pat Cope (Ph. 240-342-4242)
- **Golden:** Rhonda Smith [goldidp@redshift.bc.ca](mailto:goldidp@redshift.bc.ca)

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## Welcome to CHIP's Newest Staff Member

CHIP is very happy to welcome **Joyce Rhodda** as the new CHIP Early Intervention Planner in Invermere.

Joyce is currently completing her orientation period. Joyce will be available to accept referrals and undertake community development activities by mid-April, 2004.

Joyce can be contacted at 250-342-7325. **Welcome Joyce!**

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## **Iceberg FASD Newsletter: Now On-line**

The latest edition of the **Iceberg newsletter** is now available on-line at the Iceberg web site:

<http://www.fasiceberg.org/>

Check it out!

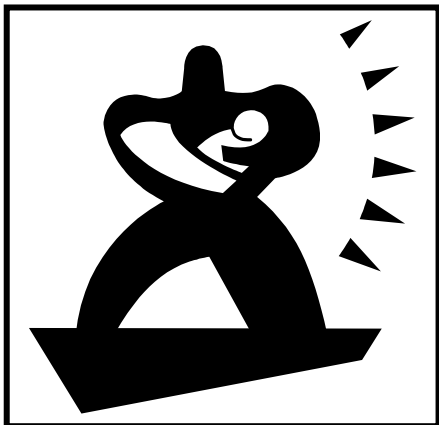
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## **New Child Disability Benefit**

Beginning in March 2004, the government will give more money to families caring for children with disabilities.

The Child Disability Benefit will be paid with the Canada Child Benefit.

To learn more and to see if you qualify, go to [www.ccra.gc.ca/cdb](http://www.ccra.gc.ca/cdb) or call 1-800-389-1193.



## **When Breastfeeding, No Alcohol is Best**

It is well known that during pregnancy there is:

- No known safe amount of alcohol consumption
- No known safe time period for alcohol consumption

So during pregnancy, no alcohol is best.

Once the baby is born, "breast is best." In other words, whenever possible, breastfeeding is the best option and has many benefits not only for the baby but also for the mom.

Similar to pregnancy, the safest option for breastfeeding moms is to not drink alcohol. Research supports the option of alcohol-free breastfeeding.

Alcohol is excreted through breast milk and is consumed by the nursing infant. When infants consume alcohol through breast milk, it can result in:

- Impaired/disrupted sleep for the baby (e.g. sleep for

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shorter periods, less time in REM sleep)

- Motor skills problems for the baby
- The baby drinks 20% less milk because alcohol consumption decreases the amount of milk that mom produces
- The baby's brain and nervous system develops more slowly

Babies may be especially vulnerable to alcohol in breast milk because the babies' brains are still developing and because babies metabolize and excrete alcohol more slowly than adults.

So during pregnancy **and** during breast feeding, no alcohol is also best.



## Fast Facts About CHIP

**Mandate:** To prevent prenatal exposure to alcohol and to provide holistic, culturally sensitive support services to Aboriginal children (birth-12 yrs) and Aboriginal youth (13-29 yrs) who are affected by prenatal exposure to alcohol and who live in the East Kootenay region

### **The CHIP Team:**

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CHIP would like to thank the following organizations for their on-going support:

- ❖ Aboriginal Health Services of the Interior Health Authority of British Columbia for funding CHIP
- ❖ The Ktunaxa Kinbasket Tribal Council for administering CHIP
- ❖ The College of the Rockies for housing and maintaining CHIP's collection of FASD resources