


Fetal Alcohol Spectrum Disorder




3-103  **Download**
FETAL ALCOHOL SPECTRUM DISORDER - FACT SHEET
Saskatchewan Prevention Institute, Revised 2010

This fact sheet describes Fetal Alcohol Spectrum Disorder, how it occurs, general characteristics of someone with FASD, factors that influence the impact of alcohol, and prevention recommendations.



3-108  **Download or Order**
LET'S FIND A SOLUTION - FETAL ALCOHOL SPECTRUM DISORDER: A RESOURCE FOR PROFESSIONALS - BOOKLET
Saskatchewan Prevention Institute, Revised 2005

The intent of this booklet is to provide a broad range of professionals with basic FASD information. This booklet includes information about: how FASD occurs; FASD diagnosis; the consequences of prenatal alcohol exposure on the individual and the family; primary and secondary disabilities; and strategies for working with people with FASD.

3-110  **Purchase \$10.00**
PRECIOUS GIFT - DVD - (16 MIN.)
Saskatchewan Prevention Institute, 1997

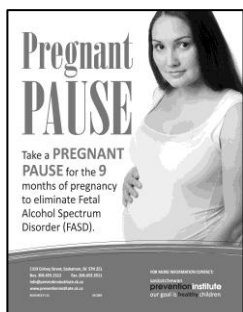
Filmed on the Beardsy's and Okemasis Reserve in Saskatchewan, Precious Gift deals with the issue of drinking during pregnancy. It portrays a real life situation focusing on the life of a young Aboriginal woman, who is pregnant and seeks guidance about making healthy choices from friends and family.


This video is also available for loan. Please refer to 3-V-210.



3-114  **Order**
PREGNANT PAUSE - INFORMATION CARD
Saskatchewan Prevention Institute, 2009


This information card explains why drinking alcohol during pregnancy can harm a baby.



3-115  **Order**
PREGNANT PAUSE - POSTER
Saskatchewan Prevention Institute, 2009


This poster is available to help promote an alcohol-free pregnancy.



3-121  **Order**
FETAL ALCOHOL SPECTRUM DISORDER (FASD) GUIDING PRINCIPLES - INFORMATION CARD
Saskatchewan Prevention Institute, 2010


This two-sided bookmark describes the objectives of the FASD Prevention Program administered by the Saskatchewan Prevention Institute. It also describes the values and principles that form a framework for the multifaceted primary prevention work done in this area.



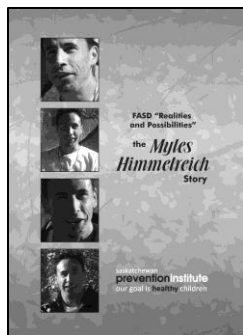
3-127  **Download**
FASD AWARENESS DAY PACKAGE
Saskatchewan Prevention Institute, Revised 2005

This package includes background information on FASD Awareness Day and suggestions for activities. It also includes a planning and reporting form to track your activities.



3-129  **Download**
FETAL ALCOHOL SPECTRUM DISORDER (FASD) KNOW THE FACTS - INFORMATION CARD
Saskatchewan Prevention Institute, Revised 2009

This information card is a quick reference to key FASD facts. It also offers simple strategies to support the prevention of FASD.



3-132  Order

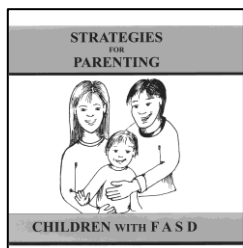
3-V-132  Loan

FASD: REALITIES AND POSSIBILITIES - THE MYLES HIMMELREICH STORY - (DVD)
Saskatchewan Prevention Institute, 2009

Myles Himmelreich, a young man from Alberta, lives with Fetal Alcohol Spectrum Disorder. He eloquently speaks about his experiences, including both his challenges and his many successes. Myles is a seasoned presenter who has told his story to national and international audiences that include professionals, caregivers, and individuals who are themselves affected by FASD.

In this documentary Myles courageously tells his story, speaking candidly about the issues he continues to face, as well as the strategies he has used to manage and overcome them. Tom Simes, a filmmaker who is passionate about FASD education, has collaborated with Myles and the Saskatchewan Prevention Institute to create a resource that captures the engaging and informative style of Myles' presentations.

This resource includes an accompanying DVD guide, which provides discussion questions and additional information about FASD. This resource is appropriate for anyone wanting to understand more about FASD from an honest and personal perspective.



5-010  Order

STRATEGIES FOR PARENTING CHILDREN WITH FASD - BOOKLET
Brighter Futures, 1999

This booklet was produced by The Society for the Coalition of Rural Representatives from Breton and Buck Creek, Brighter Futures and talks about such issues as what parents need to know about FASD, the characteristics of FASD, living with children affected by FASD, and life skills. It is a nicely illustrated booklet that is simple to understand and follow.

3-V-210  Loan

PRECIOUS GIFT - DVD - (16 MIN.)
Saskatchewan Prevention Institute, 1997

Filmed on the Beardy's and Okemasis Reserve in Saskatchewan, Precious Gift deals with the issue of drinking during pregnancy. It portrays a real life situation focusing on the life of a young Aboriginal woman, who is pregnant and seeks guidance about making healthy choices from friends and family.

This video is also available to purchase for \$10.00. Please refer to 3-110.

3-V-225  **Loan**

RECOVERING HOPE: MOTHERS SPEAK OUT ABOUT FASD - DVD - (60 MIN.)

FASD Centre for Excellence, SAMHSA, Department of Health and Human Services, U.S., 2005

Recovering Hope features a series of women who tell poignant and memorable stories about alcohol use during pregnancy and its effects on their children. Their experiences are supported by expert clinicians and researchers who talk about disabilities associated with FASD and evaluation and intervention services. The hour-long video is divided into two half-hour segments to allow discussion time. Order Information: SAMHSA's National Clearinghouse for Alcohol and Drug Information, call 1-866-729-6686 or visit the website at www.ncadi.samhsa.gov.

3-V-263  **Loan**

REMEMBERING WHAT WE KNOW - VHS - (12 MIN.)

American Indian Institute, 1998


Aboriginal community members talk about the history of culture, spirituality, and the gifts passed from one generation to the next and how alcohol is interfering with this process. The video includes a thought provoking play followed by questions, which provides an excellent opportunity for group discussion regarding individual and community responsibility in addressing FASD. Audience: general population of high school and young adult age groups.

3-V-271  **Loan**

JOURNEY THROUGH THE HEALING CIRCLE: BIRTH THROUGH 11 YEARS - VHS - (49 MIN.)

Washington State Department of Social and Health Services, 2001

This resource uses a Native American storytelling format to educate about FASD. Forest animals are the main characters in these stories about the complexities and challenges of parenting a child with FASD. Each animated story describes experiences of children at different life stages. The first tape contains The Little Fox (Birth to Age 5) and The Little Mask (Ages 6 to 11).

3-V-272  **Loan**

JOURNEY THROUGH THE HEALING CIRCLE: AGES 12 - 22 YEARS - A TRAINING SERIES FOR FOSTER PARENTS - VHS - (55 MIN.)

Washington State Department of Social and Health Services, 2001

This resource uses a Native American storytelling format to educate about FASD. Forest animals are the main characters in these stories about the complexities and challenges of parenting a youth/adult with FASD. Tape two contains "Sees No Danger/Wanders Afar" (Ages 12 to 17) and "Travels in Circles" (Ages 18 to 22).

3-V-300  **Loan**

GUARDING THE UNBORN SPIRIT: IT TAKES ALL NATIONS - VHS - (27 MIN.)

Kem Murch Products Inc., 2002

Clear prevention and intervention information for women, families, and all members of Aboriginal communities is provided about FASD. Families share their personal experiences in raising children and grandchildren with FASD. The physical and behavioural characteristics of FASD are discussed. The emphasis is on prevention, support, and education. The video reaches out to all women who are pregnant or having unprotected sex, as well as educating families and communities, leaders, and professionals.

3-V-309  **Loan**

FAS: WHEN THE CHILDREN GROW UP - VHS - (40 MIN.)

Magic Lantern Communications Ltd., 2002


This video tells stories of adults living with Fetal Alcohol Spectrum Disorder. It discusses the importance of early diagnosis and events, programs, and people who made a difference in their lives. An excellent overview of the challenges and rewards for the individual and their families as they cope with FASD.

3-V-328  **Loan**

A NORMAL LIFE - VHS - (20 MIN.)

Magic Lantern Group, 2001

This video looks at the challenges of living with FASD through the eyes of three adults with FASD. Their parents share their insights and strategies. The video presents success stories of early intervention and diagnosis in reducing secondary disabilities commonly experienced by individuals with FASD.

3-V-348  **Loan**

PARENTING WITH FASD: CHALLENGES, STRATEGIES, AND SUPPORTS - DVD - (28 MIN.)

By Rutman, Deborah; La Berge, Corey; Wheway, Donna. British Columbia: FAS/E Support Network of BC; School of Social Work, University of Victoria, 2005. Videocassette and booklet.

Featuring four adults living and parenting with FASD, this video focuses on some of the parenting-related experiences and challenges faced by people with FASD. Highlighted as well are strategies, suggestions and resources found to promote positive parenting. A resource booklet is included.

3-V-360  **Loan**

“PICTURE” THIS: LIFE AS A PARENT OF CHILDREN WITH FETAL ALCOHOL SPECTRUM DISORDER - DVD - (20 MIN.)


Healthy Generations Family Support Program, Sioux Lookout, ON, 2008

The film, *Picture This: Life as a Parent of Children with Fetal Alcohol Spectrum Disorder (FASD)* gives others a close-up look into the lives of parents whose children have FASD. It was created by five courageous women from Sioux Lookout, Ontario. They are all members of the Healthy Generations Family Support Program. It is a very powerful, very honest window into their lives.

This project began as a Photovoice research project. The research technique is based on the idea that when it comes to understanding community issues, the local people – not outside professionals – are the experts. It uses photography, group discussion and personal reflection to give a voice to the people who most often are not heard.

Each woman was asked to take photos that provide a look into her life as a parent of a child with FASD and to write a narrative about the photo. The National Film Board of Canada’s *CITIZENShift* <http://citizen.nfb.ca> assisted by making the photos and the narratives into this short film.

Healthy Choices During Pregnancy

3-V-182  Loan

CARING TOGETHER - VHS - (30 MIN.)

Native Physicians Association of Canada, 1996

This video begins with the story of a young Aboriginal woman who is pregnant and focuses on how a community caring together will help her to have a happier pregnancy and a healthy baby. This, followed by interviews, provides professionals with advice on health and lifestyle choices including nutrition, smoking, diabetes, and alcohol use during pregnancy.

3-V-186  Loan

AND DOWN WILL COME BABY - VHS - (16 MIN.)

Do Ed, 1994

This video, geared to high school students, describes the effects of exposure to alcohol and drugs on the fetus during pregnancy. The purpose is to promote awareness of the problem among teenagers who are at risk for both unplanned pregnancy and substance use. Excellent for teenagers and the general public.

3-V-344  Loan

FROM CONCEPTION TO BIRTH - DVD

Discovery Education, Discovery Communications, LLC, 2006

This fascinating program follows the physical development of a baby from conception to birth by following the pregnancies of a number of young women. Using enhanced computer animation made from ultrasound pictures and computer graphics, this program illustrates and describes the development of a child from beginning through birth. For example, at four weeks the embryo is no bigger than a grain of rice, at eight weeks the size of a walnut – all organs are developing; liver, lungs, brain and bones. At twenty-six weeks it can taste, squeeze hands, respond to light and sounds, and might survive if born. These and many more interesting facts are explored.

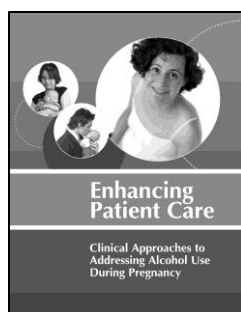
Audience: Health, Grades 9-12

Alcohol Risk Assessment



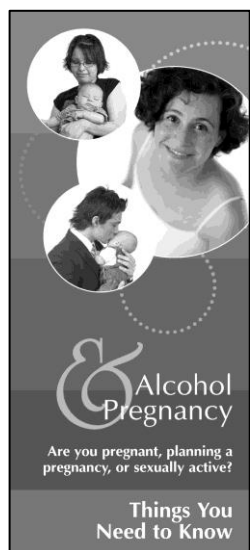
3-140 **Download or Order**
SCREENING FOR ALCOHOL USE - REFERENCE CARD
Saskatchewan Prevention Institute, 2007

This quick screening tool has been adapted with permission from Best Start Resource Centre (Ontario). This card is a tool to help health professionals to screen for the level of alcohol risk in women of child bearing age. Research has shown that this screening tool has a higher sensitivity level for use with women than other screening tools. Audience: health care professionals.



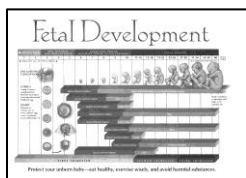
3-141 **Order**
ENHANCING PATIENT CARE: CLINICAL APPROACHES TO ADDRESSING ALCOHOL USE DURING PREGNANCY - MANUAL
Saskatchewan Prevention Institute, 2007

This 40 page manual provides health care professionals with information on assessing the level of risk from alcohol use with women of childbearing age. This manual also provides information about women and alcohol use, use of the T-ACE screening tool, and brief motivational interviewing techniques. Included in the manual is a list of treatment and referral services based in Saskatchewan, along with links to National resources and organizations. Audience: health care professionals.



3-142 **Download or Order**
ALCOHOL & PREGNANCY: THINGS YOU NEED TO KNOW - BROCHURE
Saskatchewan Prevention Institute, 2007


This brochure has been developed for health care professionals to distribute to their patients. The purpose is to aid health care professionals in discussing the risks of alcohol use during pregnancy with patients of child bearing age. Audience: women of child bearing age.



3-143  **Order**
FETAL DEVELOPMENT - POSTERS
Childbirth Graphics, 2008

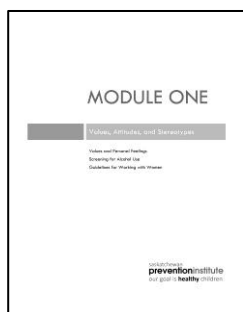
These 8.5 x 11 inch posters, developed by Childbirth Graphics, assist health care professionals in discussing alcohol use with their patients. Although these posters do not focus on FASD, they can be used to help patients understand that alcohol is one of many factors which can impact the development of the fetus. Audience: health care professionals and their patients.



3-144  **Order**
LEARNING ABOUT FASD - CD
Saskatchewan Prevention Institute, 2009

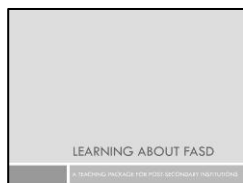
This resource is meant for use by post secondary instructors and professors to assist in providing information and education about FASD to students enrolled in professional programs where in the future they may work with women of child bearing age. These programs include health care, education, justice, addictions, psychology, social work, and other community services programs.

This resource contains digital copies of the printed resource "Learning About FASD: A Teaching Package for Post-Secondary Institutions" as well as a copy of a PowerPoint that can be used in classrooms. Both the PowerPoint and written modules contain case studies, activities and discussion questions that can be used to adapt the presentation to make it useful for any group.



3-146  **Download**
LEARNING ABOUT FASD - MODULES
Saskatchewan Prevention Institute, 2009

Eleven Modules are available for downloading at the Prevention Institute's website at www.preventioninstitute.sk.ca by going under the Program area. These modules are also included in the CD, item number 3-144.



3-147  **Download**
LEARNING ABOUT FASD - POWERPOINT PRESENTATION
Saskatchewan Prevention Institute, 2009

A PowerPoint Presentation is available for downloading at the Prevention Institute's website at www.preventioninstitute.sk.ca by going under the Program area. This presentation is also included in the CD, item number 3-144.

Smoking and Environmental Tobacco Smoke (ETS)



3-301  Download

YOU AND YOUR BABY NEED A SMOKE-FREE HOME RIGHT FROM THE START - BROCHURE

Saskatchewan Prevention Institute, Revised 2003

Outlines some of the harmful effects smoking and environmental tobacco smoke can have on pregnancy, as well as effects on children. Offers some tips on quitting.

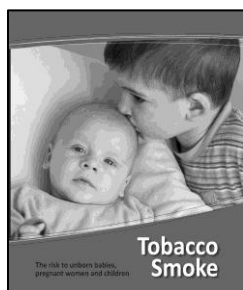


3-303  Download

SMOKING AND ETS - FACT SHEET

Saskatchewan Prevention Institute, Revised 2003

This fact sheet outlines the hazards of exposure to environmental tobacco smoke (ETS) to pregnant women and to children.

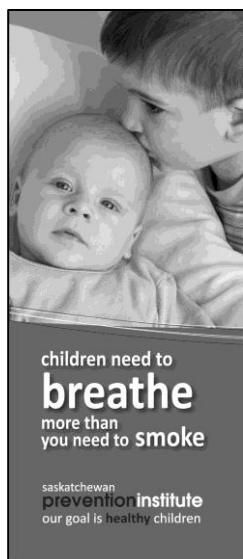


3-306  Download or Order

TOBACCO SMOKE: THE RISK TO UNBORN BABIES, PREGNANT WOMEN AND CHILDREN - BOOKLET

Saskatchewan Prevention Institute, Revised 2010

This booklet outlines the problems that can result from smoking and exposure to second-hand smoke. Information focuses on the types of smoke, issues in sexual and reproductive health, pregnancy complications, and effects on the newborn, infants, and children. Includes information on how to protect children and pregnant women from the effects of tobacco smoke. Audience: developed for professionals.



3-308  **Download**

CHILDREN NEED TO BREATHE MORE THAN YOU NEED TO SMOKE - BROCHURE
Saskatchewan Prevention Institute, Revised 2012

This brochure, targeted to parents and caregivers, outlines the health effects of second-hand tobacco smoke on children. Issues presented include ear, throat, and lung infections, asthma, allergies, SIDS, and overall status of health. Support for the development of the brochure was provided from the Tobacco Demand Reduction Strategy Initiative of Health Canada.



3-312  **Order**

MAKE YOUR HOME AND CAR SMOKE-FREE: A GUIDE TO PROTECTING YOUR FAMILY FROM SECOND - HAND SMOKE - BOOKLET
Health Canada, Tobacco Control Programme, 2006

This booklet talks about the effects about second-hand smoke and the benefits of a smoke-free home and car. There are guidelines to follow to help plan a smoke-free environment for the whole family. This booklet includes a smoke-free space sticker for office or car window and a fridge magnet.

3-V-285  **Loan**

PHYSICAL EFFECT OF SMOKING - VHS - (22 MIN.)
Medical Audio Visual Communications Inc., 2001

This video includes animation and real life medical pictures of the effects of second-hand smoke on your body. The moderator uses the ABCs to describe the physical effects of smoke. Each physical effect is described in detail: what happens to your body, why it harms you, how smoke aggravates the condition, and statistics. Second-hand smoke, interventions, prevention, addictions, and cessation are addressed. Suitable for all audiences.

3-V-287  **Loan**

SMOKING & PREGNANCY - VHS - (13 MIN.)
Medical Audio Visual Communications Inc., 2001

This video discusses the effects of smoking during pregnancy, breastfeeding, passive smoking, and methods for quitting smoking. The video positively encourages women to keep themselves and their babies away from environmental tobacco smoke (ETS). Useful for health professionals and women.

3-V-296  Loan

WOMEN AND TOBACCO: SEVEN DEADLY MYTHS - VHS - (17 MIN.)

Centers for Disease Control and Prevention, 2000


This 17-minute educational video featuring Christy Turlington explores the myths about smoking and empowers all women to become or stay smoke-free. The video discusses the serious health effects of smoking on women and describes the benefits of quitting smoking.

3-V-317  Loan

TOBACCO X-FILES REVISITED - VHS - (28 MIN.)

Kinetic Video, 2001

This “conspiracy” video paints an ugly picture of the truth about tobacco use, as a sleuthful pair of undercover agents expose a sleazy tobacco executive paid to lie about what the giant industry until now has done so well to hide. Students see the other side of the hype and glamour designed to target teenagers. Mixing gross effects with poignant testimonials from recovering teenage nicotine addicts, as well as regretful head and neck cancer victims, the outrageous truths about tobacco use are vividly discussed for student prevention. Audience: grades 7 - 12.

3-V-323  Loan

BARB TARBOX: A LIFE CUT SHORT BY TOBACCO - DVD - (17 MIN.)

Alberta Alcohol and Drug Abuse Commission, 2003

Barb Tarbox, a 42-year-old woman from Edmonton, Alberta was diagnosed with Stage Four terminal lung cancer after smoking since grade 7. Refusing to let cigarettes take another life, Barb began speaking to students across Canada warning of the dangers associated with smoking. This video captures the spirit of Barb’s presentations and the passion that characterized the last months of her life. **WARNING:** This video contains emotional material regarding Barb Tarbox’s experience with lung cancer, and some content may be disturbing to preteens. Viewer discretion is advised. Audience: grades 7 - 12.

3-V-345  Loan

A TIME TO QUIT - VHS - (20 MIN.)

AADAC (Alberta Alcohol and Drug Abuse Commission), 2005

This video features women sharing their experiences of quitting smoking before, during and after pregnancy. Although the women are proud of their accomplishments, they talk honestly about the difficulties they faced and the challenges that lay ahead. We hope these stories will give inspiration to other women who are thinking about quitting. It may not be easy, but both you and your baby are worth it.

This video can be used by health care workers, or it can be viewed by women on their own. A discussion guide is included inside this video case.

3-V-346  Loan

HOLDING YOUR OWN: STRATEGIES DURING PREGNANCY AND MOTHERHOOD TO STOP SMOKING - VHS - (24 MIN.)

The Lung Association, 1998

Holding Your Own is available for prenatal care providers, counsellors, and educators to provide their clients with smoking cessation strategies that work. This video is about women helping women to gain control of their smoking behaviour in a realistic, non-judgemental, and supportive fashion. Audience: health professionals and expectant mothers.

3-V-354  Loan

NICOTINE AND THE BRAIN - VHS - (18 MIN.)

Kinetic Video, 2005

Nicotine is one of the most addictive substances known. This program explains just how nicotine affects the brain and why it is so addicting. Includes a state-of-the-art treatment section as well as a copier ready handout.

5-V-372  Loan

I AM YOUR CHILD VIDEO SERIES: STOP SMOKING NOW: REASONS NOT TO SMOKE WHEN YOU'RE PREGNANT - DVD - (30 MIN.)

Parents Action for Children, 2005

When you're pregnant, everything you eat, drink and breathe affects your health and your baby's health. So when you smoke, your baby does too.

Quitting smoking is one of the most important things you can do for your baby. When you stop smoking, you:

- increase the amount of oxygen your baby will get,
- lower the risk that your baby will be born too early, and
- increase your chances of having a healthy baby.

No matter how long you have been smoking, quitting smoking also benefits your health, gives you more energy, and lets you feel good about what you've done for yourself and your baby. This video provides support, guidance and information about resources to help you resist the urge to smoke. We hope that you will watch this video and act on it, because there's never been a better time – or a better reason – to stop smoking.


2-V-297  Loan

PREGNANCY AND SMOKING - VHS - (12.5 MIN.)

Directional Learning Canada

This video illustrates the dangers of smoking - to smokers, to unborn babies, and to people that are exposed to environmental tobacco smoke. It reinforces the notion that anytime is a good time to quit and outlines strategies to help pregnant women quit smoking - for their own health and for the health of their unborn child.

Alcohol and Other Drugs

3-V-292  Loan

ALCOHOL AND THE BRAIN - DVD - (15 MIN.)

Medical Audio Visual Communications Inc., 2001

This video summarizes all the important new research that shows how alcohol affects parts of the brain, both immediately and long term. It also discusses the latest theories on how alcohol causes addiction and some of the complications for treatment.

3-V-316  Loan


WHAT'S WRONG WITH INHALANTS? -VHS - (23 MIN.)

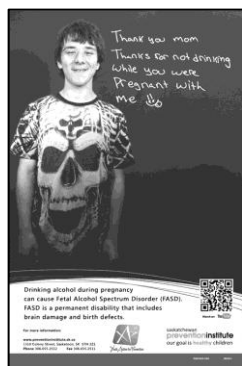
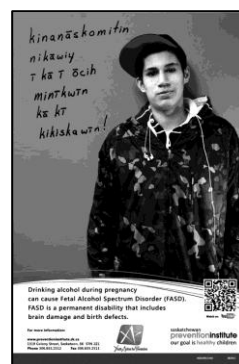
Human Relations Media, 1995

What's Wrong with Inhalants? aims to educate viewers about the dangers of inhalant abuse, the "silent epidemic" that kills hundreds of young people each year. Because inhalants are easily obtained and completely legal (e.g. common household, school, and office products), they are often the first choice of youngsters who may be tempted to experiment with drugs.

Offering honest discussion, reasonable options for how to avoid peer pressure, and vital information on the effect of inhalants upon the body, this video will help students recognize the profound danger in experimenting with inhalant substances. Teacher's resource book and student sheets included. Audience: Grade 7 - 12.


Youth Action for Prevention (YAP)

3-002  **Order**
THANK YOU MOM - POSTER SERIES
 Saskatchewan Prevention Institute, 2011



This series of nine posters was developed by Saskatchewan youth through the Saskatchewan Prevention Institute’s Youth Action for Prevention project. Each poster depicts a different young person thanking their mother for not drinking alcohol during pregnancy. Posters feature English, French, and Cree messages which are Saskatchewan’s three most common languages. Nine youth were chosen for the campaign to represent both the nine months of pregnancy and the variety of people to whom the message of preventing Fetal Alcohol Spectrum Disorder (FASD) is relevant. Each poster includes a QR scan code, allowing people with smart-phones to link directly to the accompanying “Thank You Mom” video, found on the Saskatchewan Prevention Institute’s YouTube page.



3-003  **Order**
HAMMERED: A SOBER LOOK AT YOUTH AND ALCOHOL - BOOKLET
 Saskatchewan Prevention Institute, 2011

This booklet features a photovoice project exploring the impact of alcohol on Saskatchewan youth as viewed and experienced by the young people themselves. Photovoice is a technique that gives a “voice” to people whose voices are often unheard or ignored. Through powerful photographs and youth’s own words, Hammered: A Sober Look at Youth and Alcohol is relevant to all generations as it looks at alcohol use in youth culture.



3-004 View Only (See Link Below)

THANK YOU MOM - VIDEO

Saskatchewan Prevention Institute, 2011

This powerful video, created by youth, communicates the importance of avoiding alcohol during pregnancy. This issue is addressed in a sensitive and relevant way by having young people thank their own mothers for not drinking alcohol during pregnancy. The writing, acting, directing, filming, and musical composition were all completed by Saskatchewan youth through the Saskatchewan Prevention Institute's Youth Action for Prevention project. See the video at the following link: <http://www.youtube.com/user/PreventionInstitute1>