

# Describing Four Levels of FASD Prevention: Canada-wide Collaboration on the Creation of a Resource for Program Planners

## Fetal Alcohol Spectrum Disorder (FASD) Prevention: Canadian Perspectives

### Introduction

At the 2007 International Conference on FASD, a panel presented an FASD prevention framework, comprised of four interconnected levels of prevention.

The 12 panelists linked the four levels shown here, to their work in service provision and policy development.

Following the conference, the FASD Team at the Public Health Agency of Canada provided support to develop and produce a web and print resource of this framework.

Fetal Alcohol Spectrum Disorder (FASD) Prevention: Canadian Perspectives has been designed to inspire and support the work of prevention program planners.

### Outcome

A large team of service providers, health system planners and researchers came together to prepare and edit the material. This FASD prevention resource illustrates how effectively collective efforts can work to:

- Capture what we know about multi-level prevention.
- Describe who is doing it successfully in Canada.

This resource honours all the work being done and demonstrates how it is interconnected:

- Embedded web links, for print resources and prevention-in-action projects, inspire learning from many jurisdictions across Canada.
- The resource reminds us to take strength from joining efforts and that no one service provider can accomplish all this work alone.

### Level 1

This level is directed broadly to all sectors of society with the goals of:

- raising awareness of the risks of drinking in pregnancy; and alternatives to alcohol use;
- signalling where help is available;
- promoting involvement by community members in bringing awareness to FASD prevention.

#### KEY RESOURCES:

Examples of initiatives:

- Info sheets
- Media campaigns
- Booklets with basic information
- Community-based speakers bureaus
- Community-wide development strategies

### Level 2

This level involves collaborative discussion with all women of childbearing years on:

- alcohol use and related risks;
- ways of coping without alcohol;
- available prenatal supports;
- supports for pregnancy planning.

#### KEY RESOURCES:

Examples of initiatives:

- Multi-sectoral training for service providers
- On-line learning programs for health care professionals
- Information and support lines for women
- Canada Prenatal Nutrition Program (CPNP)

### Level 4

This level involves supporting new mothers to:

- maintain healthy changes they have been able to make during pregnancy;
- access post-partum support, and continuing addiction treatment if necessary;
- continue to improve their health as well as the health of their children;
- provide early intervention services for their children.

#### KEY RESOURCES:

Examples of initiatives:

- Community-based mentoring programs
- Community Action Program for Children
- Home visiting programs
- On-going discussions of alcohol and health, with service providers and lactation consultants

### Level 3

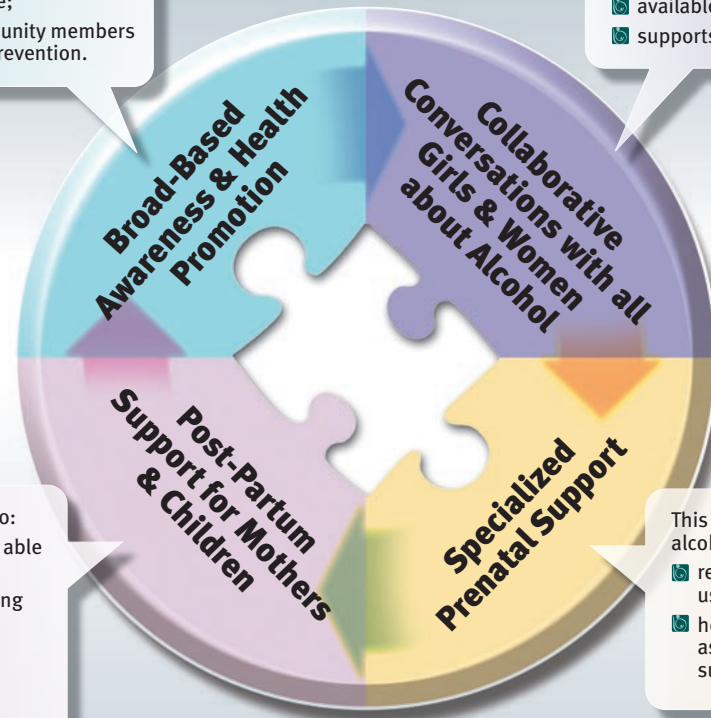
This level reaches girls and women who are using alcohol during pregnancy and involves:

- respectful and accessible health care and substance use treatment;
- holistic perinatal support, which may include assistance with nutrition, housing and income support.

#### KEY RESOURCES:

Examples of initiatives:

- Holistic, "one-stop" community services
- Mother-centred addiction treatment
- Low threshold drop-in and outreach services
- Networked services, supporting "wrap-around" care



*"No known safe amount or safe time to drink alcohol during pregnancy."*

### Project leads:

**Nancy Poole**, BC Centre of Excellence for Women's Health, Vancouver  
**Holly McKay**, Public Health Agency of Canada, Ottawa

### Project Collaborators:

**Anne-Marie Bédard**, Public Health Agency of Canada (PHAC), Ottawa  
**Arlene Hache**, Centre for Northern Families, Yellowknife  
**Cristine Urquhart**, ActNow BC Healthy Choices in Pregnancy, Vancouver  
**Donna De Filippis**, PHAC, Ont/Nunavut  
**Donna Malone**, PHAC, Atlantic  
**Doris Toy-Pries**, PHAC, AB/NWT  
**Elaine Prince**, Inter Tribal Health Authority, Nanaimo  
**Enid Harrison**, Canadian Centre on Substance Abuse, Ottawa  
**Jan Andrews**, Health Canada, Ottawa  
**Judy Kay**, Healthy Generations Family Support Program, Sioux Lookout  
**Karen Gelb**, BCCEWH, Victoria  
**Kirsten Madsen**, Women's Directorate, Whitehorse  
**Lisa Kehler**, PHAC, MB/SK  
**Lucy Hume**, Jean Tweed Centre, Toronto  
**Margaret Leslie**, Mothercraft/Breaking the Cycle, Toronto  
**Marilyn Van Bibber**, Inter Tribal Health Authority, Nanaimo  
**Mary Johnston**, PHAC, Ottawa  
**Pam Woodsworth**, Kids First, Saskatoon  
**Reetha Parthiban**, PHAC, Ottawa  
**Robin Thurmeier**, Saskatchewan Prevention Institute, Saskatoon  
**Stacy Taylor**, Beauséjour Regional Health Authority, Moncton  
**Susan Santiago**, Motherisk, Toronto  
**Wendy Burgoyne**, Best Start, Wawa  
**Wendy Reynolds**, AWARE, Kingston



Fetal Alcohol Spectrum Disorder (FASD) Prevention: Canadian Perspectives is available on the Public Health Agency of Canada Fetal Alcohol Spectrum Disorder website: [www.publichealth.gc.ca/fasd](http://www.publichealth.gc.ca/fasd)

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