MISSION
To enhance the lives of individuals and families living with FASD
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photo courtesy of Tourism Saskatchewan
2017/18 has been a year of growth for the Network. As we reflect back on the past fiscal year, there are numerous highlights that stand out.

From a Board perspective, we had an exciting year beginning with the addition of six new Board Members. Each new Board Member brought with them valuable experience, a unique set of skills, and the desire to make a difference in the lives of families impacted by FASD. Our new and existing Board Members were integral to all that we have achieved this year.

Along with the nomination of our new Board Members, our membership also voted to change the composition of our Board. Due to the evolving role of the Board it was voted to change the bylaw stating the majority of members must be caregivers of individuals living with FASD. After changing the dynamic of the Board, we wanted to ensure that Saskatchewan caregivers still had a voice in the organization they created. The development of a Parent Advisory Committee was proposed as an alternative to allow caregivers to have an impact on the Network’s services while also requiring less commitment to better suit the often hectic and unpredictable lives of caregivers to individuals with FASD.

A final highlight for our Board of Directors this year was the opportunity to become more involved in the projects being undertaken by the staff. We would like to thank each staff member for their commitment to the organization and to supporting individuals and families living with FASD. We look forward to the opportunities of the new fiscal year.

Sincerely,

Leslie Sichello, President
This year, the Network’s operations were focused on expansion. For the duration of the 2017/18 fiscal year, the staff dedicated our time and effort to reallocating our resources and exploring news ways to access funding.

Through this dedication from our staff, the Network was able to broaden our services. With the addition of an Outreach position in the Support Program we were able to offer our services to clients outside of the Saskatoon area. Within the city, our Support Workers began holding Life Skill Workshops for individuals with FASD to learn necessary and practical skills that will assist them in their growth and independence. Our communication department worked to increase the reach of all our communication channels, particularly our social media platforms, which allowed us to reach global audiences with our messaging about FASD. Finally, the training program had a very busy year creating new training modules offered through the Network, travelling across the province to provide education on FASD, and presenting at several international conferences on behalf of the organization.

With this continued growth in all our areas of service the Network has sought to become a truly provincial organization. I invite you to read through this annual report and see all that the staff has accomplished this year.

With the end of the 2017/18 fiscal year, the Network would like to thank our stakeholders, partners, and funders for their ongoing support. As a staff we will continue working towards the growth of our services and the fulfillment of our mission.

Sincerely,

Andrea Kotlar-Livingston, Executive Director
The Network is committed to establishing partnerships as a means of reaching common goals and meeting the needs of those in our province who are living with FASD.

We would like to thank our partners and our funders, the Government of Saskatchewan Ministry of Social Services and Ministry of Health along with the Saskatchewan Liquor and Gaming Authority.

We would also like to thank the funders who provided us grants this year; the Government of Canada, Saskatoon Community Foundation, Affinity Credit Union, Saskatoon District Sport Council and the City of Saskatoon.

We appreciate your continued support and commitment to individuals living with FASD.

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<th>Partnerships</th>
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05
THE NETWORK HAS MADE A WORLD OF DIFFERENCE FOR MY FAMILY

- client from Support Program
The Network’s Support Program was created to give families and individuals direct support in their daily lives. The program aims to work with families and circles of support to gain positive outcomes for those living with FASD.

Now in its seventh year of service provision, the Support Program continues to grow by delivering innovative services to the families we support. Once again the program was able to support a record number of people with over 158 active case files during the year. With 90 of these case files being new clients, it can be seen how awareness of the Support Program is growing.

As awareness of our services increases, so does interest in receiving our supports. During the 2017/18 fiscal year, approximately 169 individuals and caregivers were added to our waitlist. The Support Program was able to take 123 of these clients off the waitlist throughout the year. The Network continues to look for additional funding and grants to expand the capacity of the Support Program to adequately address this need for support.

The 2017/18 fiscal year was filled with many opportunities to see those we support reach their goals. The program was able to close 87 case files. These closures were due to clients achieving their goals, no longer needing support at that time, or choosing to close their files for personal reasons.

Along with direct case management, advocating on behalf of our clients was a primary focus of the Support Team. As we work with clients we continue to campaign for increased services and more understanding of their disabilities. Attending meetings, making referrals, and connecting with community organizations, employers, schools, social services, and other professionals to increase awareness of FASD was a large part of the support team’s year.
SUPPORT PROGRAM

2017/18 CASE LOAD

158 CASE FILES

55% INDIVIDUALS

45% CAREGIVERS

21 COMMUNITIES SUPPORTED

630 TOLL FREE CALLS

11 AVERAGE CAREGIVER MEETING ATTENDEES

5 AVERAGE LIFE SKILL WORKSHOP ATTENDEES

8 AVERAGE PEER MEETING ATTENDEES
CAREGIVER SUPPORT

The FASD Network hosts monthly support meetings for parents and caregivers of individuals living with FASD.

These meetings are an informative and engaging space for caregivers to connect with each other for ongoing support. The purpose is to provide a safe environment of open and supportive discussion with other members of the community who share the lived experiences of caring for individuals living with FASD.

This year there was an average of 11 people in attendance each month.

PEER SUPPORT

For the past three years, the Network has also offered a monthly support meeting for individuals with FASD.

These meetings provide individuals with FASD an opportunity to connect with others and helps them understand they are not alone. This year, there was an average of 8 attendees each month who came together to provide each other with strategies and coping techniques for FASD, and the effects it has on their everyday lives. Feedback from the individuals who attended the meetings was encouraging and positive.

LIFE SKILLS

This year, the Network introduced a new program for individuals living with FASD.

Throughout the year, the Support Program held ‘Life Skill Workshops’ to create opportunities for clients and other individuals with FASD to learn necessary and practical skills that could contribute to their independence. Held twice a month, each session covered a different topic or area where individuals with FASD may require assistance or experience struggles. With about 21 sessions held this year, there was an average attendance of 5 people at each session.

TOLL-FREE LINE

Since 2002, the Network’s toll-free line has been a valuable resource for caregivers, professionals, and individuals living with FASD. With 630 calls coming in this year, over 475 of these callers were seeking support or information about FASD.

By tracking each call throughout the year, it was estimated that 115 of these callers were likely reaching out to the Network for the first time.

As the Network continues to grow, we saw an 8% increase in our national and international calls on the toll-free line.
JUSTICE SYSTEM SUPPORT

Throughout the 2017/18 fiscal year, the Support Program was committed to providing accurate information about FASD to the Saskatchewan justice system and to supporting our clients as they navigate the system.

The Network continues to participate in the Mental Health Strategy court, including meetings to improve and expand the court. By participating on the steering committee the Network provides input into the court’s operations ensuring that it continues to meet the needs of individuals with FASD. A representative from the Network once again attended every court sitting, resulting in 3 open case files from defendants who were determined to have FASD.

This year, the Network was invited, along with other key stakeholders, to attend a two-part workshop on Therapeutic Courts in Saskatchewan. It was a unique opportunity to advance the work of therapeutic courts in the province and replicate the success of Saskatoon’s Mental Health Strategy court for other communities.

The Network continued its working partnerships with other justice-focused community organizations including a close working relationship with the Saskatoon Police Service which resulted in individuals with FASD becoming eligible for the ‘Vulnerable Persons Registry’ in Saskatoon. Our staff also continued working with the Saskatoon Police Advisory Committee on Diversity and the Hub to provide guidance on supporting and protecting the rights of individuals with FASD and other disabilities.

COGNITIVE DISABILITY STRATEGY

The Network continued to assist clients with their funding from the Cognitive Disability Strategy. Support workers at the Network assisted 13 clients with accessing the funding provided through CDS. As well as becoming the team lead for most of our clients, assistance was provided with the application and renewal process, connecting with mentors, and receiving respite care.

The Network offered support to 6 active mentors throughout the year.
Since the creation of the Support Program in 2011 the Network has offered one-on-one assistance to individuals and families who live in Saskatoon and within a 50 km radius of the city. In 2017, six years after the launch of the Support Program, the Network was able to expand our support services to offer direct case management to individuals and families affected by FASD living outside of Saskatoon. The goal of the Community Outreach Program is to provide support to anyone in Saskatchewan.

During its first year of operations, the Outreach Program offered supports and services to a total of 50 clients. These clients reside in 21 different Saskatchewan communities, including communities as far as La Loche, Yorkton, and Estevan.

The Outreach Program aims to support people in the same manner as the Support Program, by utilizing different methods. The Network’s outreach worker was able to directly travel to 23 communities this year to meet with clients and provide FASD education to local professionals. Technology such as teleconferences, Skype, and Facetime were used to connect with and continue offering support to clients when the outreach worker could not travel to their communities.

By finding innovative ways to offer support from a distance the Network hopes that all individuals, families, and caregivers affected by FASD in Saskatchewan will feel they are supported and connected to services.
PROGRAM DEVELOPMENT

APRIL - JUNE
- Participated in ‘Jane’s Walk’ in Saskatoon
- Set-up a booth at ‘YXE Connects’
- Attended the 14th annual ‘Indigenous Gathering’
- Visited the Saskatoon Indian and Metis Friendship Centre luncheon
- Walked the ‘Rock your Roots’ walk for reconciliation
- Attended the Saskatchewan Trial Lawyers Association conference

JULY - SEPTEMBER
- Held a community conversation at Station 20
- Provided education to Legal Aid lawyers through a webinar

OCTOBER - DECEMBER
- Began ‘Leap Management Skills Development’ training
- Attended a homeless renting and housing event
- Sat in on the ‘Helping Other Help Themselves’ workshop
- Set-up a booth at a Northern K-12 teachers’ conference
- Took the ‘Reconciliation through Indigenous Education’ webinar
- Attended an Indigenous awareness workshop
- Presented at the ‘Wellness Days’ in multiple Saskatchewan communities
- Attended the ‘National FASD Conference’
- Took a course in mental health first aid
- Participated in ‘Perspectives on Substance Abuse & Recovery’ training
- Set-up a booth at the Prairie Spirit School Division’s ‘Community Agency Fair’
- Attended the ‘Prevention Matters Conference’

JANUARY - MARCH
- Took a ‘Supporting Employment Success in Adults with FASD’ webinar
- Attended a therapeutic courts workshop
- Presented to Prairie School Division school counselors
In 2005, the Network received funding to begin a training program for students. Over the years this training initiative has expanded into a provincial effort to increase awareness of the disability and educate hundreds of people about FASD. Now, the Network offers a variety of tailored training sessions, workshops, and presentations all over Saskatchewan. The training program includes six modules tailored for students, professionals, caregivers, coaches, and community organizations. This year, the Network also held custom training sessions and presented at several international conferences to provide more education on the disability.

**FASD TRAINING FOR COACHES**

In June, the Network received a grant from the Saskatoon District Sport Council to develop a new training module for coaches. The objective of this project was to train local coaches on how to support children with FASD so they can learn new skills, gain self-confidence and become contributing members of their teams. The Network used the grant to develop a training module and accompanying resource that focused on the effects of the disability and strategies to help coaches meet the needs of every child on their team.

Throughout the year, the Network held 3 ‘FASD Training for Coaches’ sessions. The free training sessions were open to coaches, team managers, physical educators, and instructors from any sport or recreational program. With 23 coaches taking the training this year, the feedback from attendees indicated that they now feel better prepared to coach children with FASD and other disabilities.

It is the hope of the Network that this training will help increase the likelihood of children with FASD continuing their involvement with sports.
15 communities visited

2284 people educated about FASD

TRAINING

108 presentations

1119 post-secondary students reached

FASD training module for coaches developed

31 community presentations

345 professionals trained
COMMUNITY PRESENTATIONS

Community presentations are designed to provide introductory information about FASD. These presentations are typically held at other community organizations to educate the staff and the clients accessing their services. The Network also travelled to different communities to deliver these presentations and provide basic education on FASD. For many people these presentations are their first introduction to FASD. Throughout the year, 31 presentations were delivered to approximately 391 people.

FOSTER PARENT TRAINING

Since 2009, it has been mandated for prospective foster parents to attend training on FASD. The Network has continued to work with the Ministry of Social Services to provide in-depth FASD training to foster, pre-adoptive, and adoptive parents.

This year, the Network also partnered with the Saskatchewan Foster Families Association to increase the reach of the Foster Parent training. With the help of this new partnership, the Network delivered 12 training sessions to over 129 future caregivers. The families who attended these trainings benefited from complementary booklets to bring home for additional information and the opportunity to connect with other foster parents in their community for ongoing support.
POST-SECONDARY PROJECT
For 13 years, the Network has provided educational presentations to post-secondary classrooms in Saskatchewan. The post-secondary training module is one of the longest-running trainings offered by the Network and it continues to be exceedingly popular in the classrooms of our Saskatchewan post-secondary institutions. The aim of the training is to educate students about FASD and prepare them for their future careers.

In 2017/18, over 36 presentations were held in seven different Saskatchewan communities, providing FASD education to approximately 1119 students. Each student was challenged to consider how they might use their new knowledge of FASD to make a difference in their future careers. The interactive presentations were well received by students and instructors from a variety of fields of study including education, social work, youth care, nursing, pharmacy and more. This year we were excited to see more classrooms from the medical fields booking the presentations.

FRONTLINE 1 & 2
The Network’s FASD training for frontline workers aids workers in diverse fields gain knowledge that will allow them to make sense of behavioural symptoms and tailor supports to suit the individuals’ needs. The two-part training module was booked by organizations across the province and offered once a month from the Network’s office in Saskatoon.

It continues to be one of the most versatile and requested training modules offered by the Network’s training program. This year, 17 sessions were held of the ‘Frontline Part One’ and 14 sessions of the ‘Frontline Part Two’ module. Overall, 345 Saskatchewan professionals benefited from tips and real-life examples of supporting someone who lives with FASD, along with practical strategies and a toolkit created by the Network.
“I learned so much, I had a lot of misconceptions before this training”

“I feel confident about my FASD education now”

“This training should be mandatory for all coaching organizations”
In the spring of 2017, the Network presented with Dr. Mansfield Mela at the annual conference held by the Pharmacy Association of Saskatchewan. The Network trainers presented to 62 attendees, discussing the roles that pharmacists can play in preventing and providing education on FASD.

The Network was invited to Yellowknife in the Northwest Territories for a five day training trip. Presentations were delivered to workers from social services, teachers from the Yellowknife public and catholic school districts, and local foster parents. In total, 67 people were trained during this trip.

In the fall of 2017, the Network partnered with Glen Luther and the Law Society of Saskatchewan to hold a day of training focused on FASD and Gladue Reports. 45 local lawyers received ethic hours for attending the training which gave them tools to overcome stigma and work effectively with clients who have FASD.

The Network presented a breakout session at the College of Nursing’s biennial international conference ‘Custody and Caring.’ Nurses and other health care professionals from all over the world attended this conference to learn the latest best practices. 70 of these professionals joined our session on recognizing and responding to patients with FASD.

In 2017, the ‘National FASD Conference’ in Calgary included a presentation from the Network. This presentation focused on the personal experiences of the Network’s trainer while raising her daughter who lives with FASD. The Network’s session was attended by 40 people from a variety of fields and professions.

The Network was excited to travel to Minnesota for the 6th annual ‘FASD Matters’ conference held by MOFAS. The Network’s custom presentation focused on the need to challenge stigma through education and awareness. The 40 participants were inspired to think differently and improve the lives of individuals with FASD.
Hosting events is an integral part of the Network’s mission to enhance the lives of individuals living with FASD and their families. Each year, the Network plans new occasions to provide awareness. During the 2017/18 fiscal year, many of the organization’s signature events were held.

**PARENT RETREAT**

In 2017, the Parent Retreat committee made the decision to alter the format of this annual event. In the past, Parent Retreat was a two-day workshop held in a single location. To celebrate the 10th anniversary of this event the committee decided to hold the 2017 Parent Retreat in three Saskatchewan communities. Beginning in Saskatoon the event then travelled to Moose Jaw and Estevan, providing education on FASD to caregivers and family members in these communities.

The theme of this year’s event was “Finding Joy in the Journey.” The aim of Parent Retreat was to empower positive thinking and inspire a focus on successes as families continue their journey of life with FASD. The 39 caregivers in attendance gained an understanding of the fundamentals of FASD, along with real-life examples and strategies to put into place in their homes.

Reviews from the caregivers in attendance were very positive. Nearly every caregiver who attended indicated on their post-event survey that they gained new, beneficial information. 33% of attendees had never been to a Network event before. Taking Parent Retreat to their communities allowed them to not only connect with the Network but build relationships with other caregivers from the community to provide opportunities for ongoing support. The Parent Retreat workshops provided education and inspiration.
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SUMMER BBQ

In July, the Network held the 4th annual Summer BBQ at the Saskatoon Forestry Farm. Each year the BBQ continues to grow, with 165 people partaking in the fun, it was the biggest event yet. It was an evening of good food and great company, as families impacted by FASD had the opportunity to meet other people who share their life experiences. The Network provided many games to entertain the children while parents visited and connected with each other. The highlight of the evening was once again the bouncy castle rented for the children’s enjoyment.
On September 9th, 2017, FASD Awareness Day was recognized around the world. This year, to bring awareness to the disability the Network hosted a week of events in Saskatoon. The Awareness Week events began with a training session on FASD for frontline workers. To encourage education and awareness the training was offered for half-price. It was very well-received with 32 frontline workers attending.

The following day focused on individuals with FASD. The Network hosted a workshop that discussed advocacy. The purpose was to provide these individuals with information and skills that would help increase their abilities to advocate for their needs. 7 individuals with FASD attended the workshop. It was a safe space to share information and past experiences with each other.

For the past three years, the Network has partnered with the Saskatoon Police Service to hold an event for young children living with FASD. This year the event was included as part of the Awareness Week activities. The event is intended to encourage positive interaction between the police officers and the children living with FASD. The children were given the opportunity to see that police officers are safe members of the community, while the officers gained awareness of FASD. This year the theme was “Fort Frenzy,” each child was partnered with officers from the police service and spent the afternoon creating cardboard forts. The 15 attendees designed and assembled some very creative forts with their partners.

The final event of the Awareness Week activities was called “Living with FASD.” The evening of September 8th, the Network was joined by 77 people at the Saskatoon Farmers’ Market to hear the experiences of an individual living with FASD and a birth mother as they shared their stories about how their lives have been impacted by FASD. This event was created to bring greater awareness and understanding to the general community. Sharing personal stories about peoples’ journeys with FASD helps end the stigma associated with the disability by bringing to light not only the struggles they have faced but also the challenges they have overcome.

“I really enjoyed my first experience with the Network”  
“The retreat was very helpful in providing a better understanding”  
“I had a great time and it was good to know I’m not alone”
The second annual “FASD Sessions” conference was a two-day event held in Saskatoon. Last year, the theme was “Challenging the Conversation,” with a focus on how education and awareness can combat stigma. This year, our theme progressed from facing stigma to “Advocating and Accommodating.” The 115 professionals who attended benefited from sessions that addressed this theme by explaining how FASD is a critical advocacy issue for everyone, not just individuals and their families, and how each attendee can learn to make their own adaptations in the support they offer.

Over the two days of the conference, seven Saskatchewan experts presented on the latest research and best practices for supporting individuals with FASD. Attendees travelled from all over the province to attend, with some participants coming from Alberta and Manitoba.

By gathering feedback at the conclusion of the event, the Network determined the ‘FASD Sessions 2018’ was a successful conference. The post-event surveys filled out by the attendees indicated a high-level of satisfaction with the event and a willingness to return for next year’s conference. With a 98% satisfaction rating, the general consensus was that the ‘FASD Sessions’ was a well-organized event with diverse and engaging speakers who shared valuable knowledge about FASD. Attendees also indicated that they appreciated the opportunity to network with other professionals and experts who have similar interests in FASD.
In 2017/18, the Network focused on increasing the reach of its communication channels. This year, the organization surpassed its goals for existing platforms with steady increases in both the number of followers and the amount of engagement on its posts.

Sent out monthly, the Network has written a newsletter for several years now. The number of subscribers increased by 16% this year, totalling 2396 by the end of the fiscal year. The Network wrote articles on a variety of topics this year including how to modify strategies, how to work with clients who have FASD and how to interpret behaviours as symptoms of the disability. The newsletter was also used to promote the Network’s events and announce all the new services being offered this year.

The Network manages five social media platforms with Facebook and Twitter being the most active. The organization’s Facebook page grew its following to 3619 people, while Twitter reached 791. Through the use of frequent social media audits, the staff diligently worked to increase the engagement of our followers by ensuring the content posted this year provided the most value for our followers. To follow up the success of last year’s social media campaign which dealt with misconceptions, this year the organization created a small campaign highlighting how everyone and anyone can become an advocate for FASD. The campaign included 8 posts which were shared 189 times, allowing the Network to reach over 14,900 people with our message.

The Network also uses social media to provide support to caregivers. A private, online group was created that allows caregivers to interact with other caregivers across the province. With 174 members this year it was very encouraging to see caregivers asking for advice and responding with the strategies that have worked for their families.
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RESOURCES

The Network has 10 printed publications that are distributed each year. In 2017/18, over 5338 copies of these resources were distributed not only across Saskatchewan but nationally, with several requests coming from Manitoba, Alberta, and other provinces. The “FASD: Guide to Awareness and Understanding” continues to be the Network’s most popular resource with over 1367 copies handed out this year. In September, the Network began tracking how many resources are downloaded from the website. In the last six months of the fiscal year, electronic copies of the resources were download 719 times.

In addition to distributing resources, the Network staff were focused on updating the information in each publication to ensure the correct language is being used and the contents are correct and beneficial.
COMMUNITIES REACHED

FASD affects individuals and families in both rural and urban communities across the province. The Network has continued to search for innovative ways to reach as many of these Saskatchewan communities as possible.

In the 2017/18 fiscal year, the Network reached over 87 of these communities. With the addition of the community outreach services this year the Network’s Support Program was able to offer case management to communities outside of the Saskatoon area. The Outreach Worker travelled to 23 of these communities to meet with clients and offer support. The training program provided education on FASD in 15 different Saskatchewan communities by using our contracted provincial trainers to visit the communities closest to them. The Network also used online communication channels and technology, such as Facetime, to reach individuals and families in communities we were unable to travel to this year.

Through the use of the organization’s website and social media, we were able to reach not only Saskatchewan communities but a truly global audience with our messages about FASD.
**Revenue**

- Ministry of Health: 49.01%
- Ministry of Social Services: 30.25%
- Saskatchewan Liquor and Gaming Authority (SLGA): 11.63%
- Training Revenue: 4.77%
- Grants: 3.66%
- Other: 0.68%

**Expenses**

- Salaries: 61.33%
- Mandatory employment related costs: 7.85%
- Administration: 9.31%
- Program: 17.48%
- Miscellaneous: 4.03%
2017/18

BOARD AND STAFF

Leslie Sichello, President
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Wendy Craig, Director
June Draude, Director
Shelley Kolisnek, Director
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Dr. Mansfield Mela, Director
Carrie Roblin, Director

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Jan Fisher, Office Administrator
Shana Mohr, Training Co-ordinator
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Heather Tigg, Support Worker