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Thinking Differently...



A Resource in Support
of Neuro-
developmental and
Fetal Alcohol
Spectrum Disorders

GB FA/ND Leadership Team

Grey Bruce Fetal Alcohol/ Neuro-developmental Leadership Team

This binder was developed by the Grey Bruce FA/ND Leadership Team. The team is made up of community partners and parents of individuals affected by FA/ND in Grey and Bruce counties.

Our goals are to:

- establish a common language for parents, professionals and community partners
- further develop a shared understanding of development and behaviour from a brain-based perspective
- enhance collaboration across systems
- shift paradigms and strengthen programs
- contribute to healing
- promote prevention

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How to Use this Binder

Purpose:

- To explore resources available to individuals with FA/ND and their families
- To be a resource to refer to for families and community
- To provide a place to add important information about FA/ND

What's Inside?

- Information regarding Fetal Alcohol Spectrum Disorder and FA/ND
- Supporting an individual with FASD
 - At School
 - In the Community
 - Adult Services
- Resource Directory with descriptions of agency services and contact information

Tips for use...

Learning of a diagnosis on the Fetal Alcohol Spectrum or Neuro-Developmental Disorder, and caring for an individual affected by it, may be challenging and stressful.

Pace yourself. There is a lot of information, and you don't need all of it now. Give yourself time to look through and absorb.

Go through the binder with someone. Sharing the learning can help lighten the load.

Collect your personal data. Collect reports, diagnostic information, notes from therapists, etc. and keep them in a file organizer for quick and easy access. Consider writing down family history, birth and developmental history information for your file as well. This will save you time and energy in telling and retelling your story.

Look after yourself. There are people who can help. This binder will help you find them.

WHAT IS FASD – FA/ND?

In this section:

What is FASD - FA/ND? Is it the same thing?	
Diagnoses	
Diagnoses Specifics	
Impulse Control	
Parent Support	
Navigating the Journey	
Common Characteristics	
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What is FASD? What is FA/ND? Is it the same thing?

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term that refers to a range of deficits and challenges caused by prenatal exposure to alcohol.

Drinking alcohol during pregnancy can cause permanent birth defects and permanent brain damage to the fetus.

Prenatal alcohol exposure affects each individual differently, but neurological (brain) damage can be seen along the whole spectrum of FASD.

Fetal Alcohol/Neuro-developmental Disorder (FA/ND) is a brain based condition.

Exposure to alcohol, drugs, or anything that can disrupt the development of an embryo or fetus, can have negative effects on the brain. It can be in the form of harmful drugs or chemicals, nicotine, even some types of medication and birth control pills.

Environmental agents and traumas kill brain cells and affect the *physical structure and function* of the brain.

In both of the above cases:

Deficits most often include mild to severe disturbances in:

- Cognitive (thinking) functioning
- Behavioural functioning
- Physical functioning
- Emotional functioning
- Social functioning

Diagnoses

According to the Canadian Guidelines there are three possible diagnoses which may be given within the Fetal Alcohol Spectrum.

FAS (Fetal Alcohol Syndrome)

pFAS (partial Fetal Alcohol Syndrome)

ARND (Alcohol Related Neuro-developmental Disorder)

A diagnosis on the Fetal Alcohol Spectrum is a medical diagnosis. Specific criteria must be met in order to receive one of the three diagnoses.

FAS - Fetal Alcohol Syndrome (see facial features on next page)

An individual is diagnosed with FAS when the three specific facial features are present together WITH specific growth deficiencies and deficits in 3 or more of the brain domains (see page 8).

pFAS - Partial Fetal Alcohol Syndrome

An individual is diagnosed with pFAS when maternal alcohol exposure can be confirmed AND an individual has some of the facial features, WITHOUT specific growth deficiencies. The individual also has deficits in 3 or more of the brain domains.

ARND - Alcohol-Related Neuro-developmental Disorder

An individual is diagnosed with ARND when maternal alcohol exposure can be confirmed AND the individual has deficits in 3 or more of the brain domains resulting in learning difficulties, poor impulse control, poor social skills and problems with memory, attention, and judgment. An individual with ARND has **NO** facial features or specific growth deficiencies.

FA/ND – Fetal Alcohol/Neuro-developmental Disorder

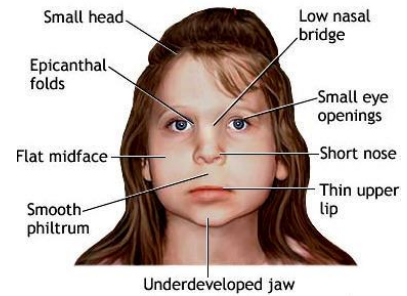
While FA/ND is not a formalized diagnosis it would align closely with ARND in terms of the deficits in brain domains, and lack of facial features or growth deficiencies. This profile may be used when maternal alcohol or drug use *cannot* be confirmed.

FA/ND is useful in building awareness of deficits and for planning for the needs of individuals with this profile.

Diagnoses Specifics

Growth Deficiencies:

- Birth weight or birth length at or below the 10th percentile
- Height at or below the 10th percentile for age
- Weight at or below the 10th percentile for age
- Disproportionately low weight-to-height ratio (10th percentile)



Facial Features:

- Short palpebral fissure length (2 or more Standard Deviations below the mean).
Short palpebral fissures occur when there are fewer millimeters between the inner and outer corners of the eye than normal, resulting in abnormally small-set eyes.
- Philtrum smooth or flattened (using lip-philtrum guide).
The philtrum is the indentation that runs from the bottom of the nose to the center of the upper lip. A flat philtrum is when there is little or no indentation, and their upper lip lacks a "dip" in the middle.

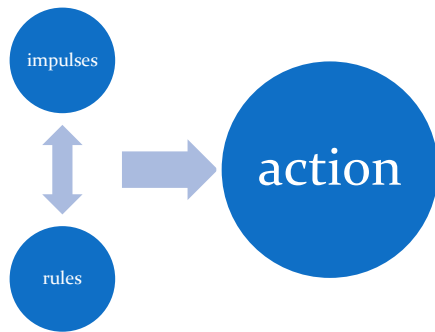
See Common Characteristics on page 13 for more information

Brain Domains: (2 or more Standard Deviations below the mean)

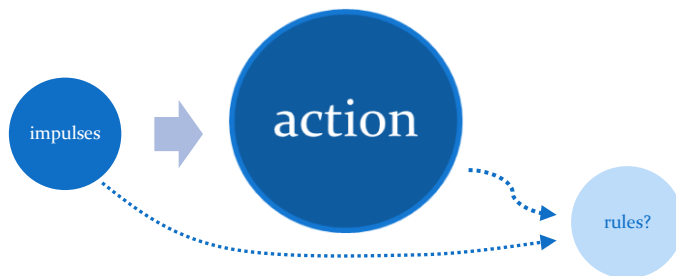
- Sensory motor
- Attention/ Hyperactivity
- Communication – Language
- Cognitive (thought processes i.e. reasoning, intuition, perception)
- Adaptive Behaviour (ability of a person to effectively interact with society on all levels and care for one's self)
- Social Skills/ Social Communication
- Academic Achievement
- Memory
- Executive Functioning (i.e. planning, working memory, problem solving, verbal reasoning, inhibition, mental flexibility, multi-tasking)
- Medical

Impulse Control:

For most people, the part of the brain that has impulses and the part that knows the rules are in constant communication. We think about doing something, then we check it against acceptable rules of behavior, and we make a conscious choice about what action to take.



In people whose brains are fetally alcohol or drug affected, the communications between these two parts of the brain can be damaged or missing. So, the person has an impulse and thinks about doing something. By the time the part of the brain that knows the rules is even aware of the impulse, the person has already completed the action.



Those affected by fetal alcohol or drug use likely know the rules and really want to follow them. People often get very upset or frustrated with their own behavior. They are unable to change their behaviour because the communication controls in the brain have been damaged and the messages can't get through in time.

Parent Support

After the diagnosis...

Even though you may have had questions about your child's development, hearing from a professional or reading the diagnosis in a report can still be experienced as a "shock" or a "psychological blow" to your system. There is no right or wrong way to experience the news.

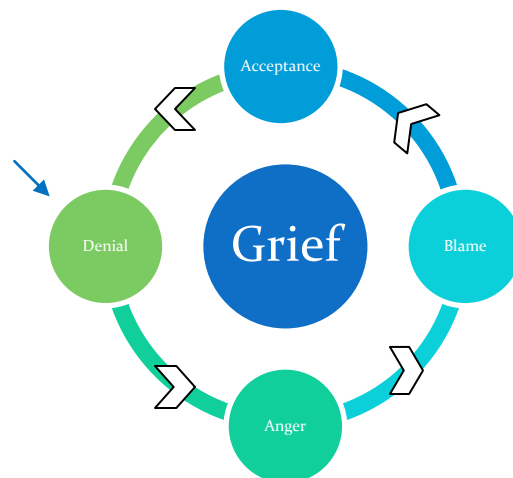
For the vast majority of people, seeking and accepting support can make a huge difference in how well they maintain their own physical and emotional well being.

You may experience:

- Shock, denial, guilt, ambivalence, self-doubt, anger, sadness, relief, anxiety or hopefulness



- Following your initial reaction, you may experience a cycle of grief



- At the same time, you may find yourself filled with hope, pride and joy as you delight in your child's gains and accomplishments.

Navigating the Journey

You Can:

- **Ask Questions** - feedback after diagnosis should be an ongoing dialogue
- **Take Notes** - or bring along a support person to be a second set of ears and/or be your note-taker
- **Seek Information** - pace yourself, but get informed
- **Talk to Other Parents** - for helpful tips on websites or organizations, or join a support group
- **Have faith** in yourself as a parent and follow your intuition
- **Prioritize** problems or goals that you want to tackle
- **Share information** - as you feel comfortable, with family and friends; it is in the best interests of your child to share the diagnoses with any professionals who may be working with your child

Do the Best You Can:

- Change is difficult and can take time
- There may be financial and other supports (see page 16) available to help:
 - Assistance for Children with Severe Disabilities
 - Disability Tax Credit
 - Special Services at Home (Community Living)
 - Disability Fitness Tax Credit
 - Registered Disability Savings Plan
- Take Care of Yourself:
 - If you are experiencing anxiety, burnout, depression, or difficulty controlling your anger, consult with a health care professional

Common Characteristics of People with FASD- FA/ND

People with a diagnosis on the FASD spectrum *may* show any of the following characteristics. All people are individuals, no two will show all of the same characteristics.

Characteristics at birth can include:	<ul style="list-style-type: none"> • Abnormally small head circumference • Underdeveloped or damaged brain • Low muscle tone • Less fatty tissue • Identifiable facial features (philtrum, palpebral fissures, upper lip) • Major organ malformations • Vision problems • Hearing problems, repeated ear & respiratory infections • Seizure disorder and /or tremors • Infantile irritability
Cognitive characteristics can include:	<ul style="list-style-type: none"> • Mild to moderate developmental delays • Speech and language disorders • Expressive and receptive language deficiencies • Mathematical deficiencies • Difficulty with abstraction and comprehension • Problems generalizing one situation to another • Poor attention/concentrations skills • Memory deficits • Impaired judgement
Motor characteristics can include:	<ul style="list-style-type: none"> • Motor delays • Poor coordination/clumsiness • Fine motor impairment • Poor core strength
Behavioural characteristics can include:	<ul style="list-style-type: none"> • Hyperactivity with or without Attention Deficit Disorder • Impulsivity • Lying & stealing • Stubbornness & oppositional behaviour
Psychosocial characteristics can include:	<ul style="list-style-type: none"> • Delayed socialization and communication skills • Inability to consider consequences of actions • Inability to interpret social cues, sullenness • Lack of reciprocal friendships • Social withdrawal • Mood instability • Teasing or bullying behaviours • Periods of high anxiety and/or excessive unhappiness • Mental illness

Common Challenging Behaviours ➡ What's Really Happening?

BEHAVIOUR	MAY LOOK LIKE	MAY BE
Non-compliance	<ul style="list-style-type: none"> • Willful misconduct • Attention seeking • stubbornness 	<ul style="list-style-type: none"> • difficulty translating verbal directions into action • difficulty understanding
Repetition of mistakes	<ul style="list-style-type: none"> • willful misconduct • being manipulative 	<ul style="list-style-type: none"> • difficulty linking cause to effect • difficulty seeing similarities • difficulty generalizing
Failure to sit still	<ul style="list-style-type: none"> • attention seeking • interference with others • willful misconduct 	<ul style="list-style-type: none"> • neurologically may need to move while learning • sensory overload
Failure to work independently	<ul style="list-style-type: none"> • willful misconduct • poor parenting 	<ul style="list-style-type: none"> • chronic memory problems • difficulty translating verbal directions into action
Failure to complete homework	<ul style="list-style-type: none"> • irresponsibility • laziness • unsupportive parenting 	<ul style="list-style-type: none"> • memory deficits • difficulty transferring what is learned in class to a homework assignment
Lack of punctuality	<ul style="list-style-type: none"> • laziness, dawdling • poor parenting • willful misconduct 	<ul style="list-style-type: none"> • difficulty understanding the abstract concept of time • need for assistance to organize
Poor social judgment	<ul style="list-style-type: none"> • poor parenting • willful misconduct • effects of child abuse 	<ul style="list-style-type: none"> • difficulty interpreting social cues from peers • lack of knowledge of what to do
Physical intrusiveness	<ul style="list-style-type: none"> • willful misconduct • deviancy 	<ul style="list-style-type: none"> • hyper or hypo sensitivity to touch • difficulty understanding social cues re: boundaries
Stealing	<ul style="list-style-type: none"> • deliberate dishonesty • lack of conscience 	<ul style="list-style-type: none"> • difficulty understanding concept of ownership over time and space • immature thinking ("finders keepers")
Lying	<ul style="list-style-type: none"> • deliberate lying • sociopathic behavior • lack of conscience 	<ul style="list-style-type: none"> • problems with memory and/or sequencing • difficulty accurately recalling events • attempt to please by telling you what you presumably want to hear • confabulation (creating false memories – see glossary)

BEHAVIOUR	MAY LOOK LIKE	MAY BE
Self-centeredness	<ul style="list-style-type: none"> • selfishness • regard only for self 	<ul style="list-style-type: none"> • ability to see only the superficial or concrete level of social behaviour • difficulty linking cause and effect
Volatility	<ul style="list-style-type: none"> • poor parenting • aggressive nature • short temper 	<ul style="list-style-type: none"> • exhaustion from stress of trying to keep up • extreme over-stimulation
Inconsistent performance	<ul style="list-style-type: none"> • manipulation • sneakiness • refusal to try hard enough 	<ul style="list-style-type: none"> • chronic memory problems • difficulty generalizing learning from one situation to another
Lack of motivation	<ul style="list-style-type: none"> • poor parenting • laziness • lack of concern 	<ul style="list-style-type: none"> • difficulty projecting into the future • difficulty connecting today's decisions with future opportunities • difficulty understanding cause and effect

Adapted from Deb Evensen, Making a Difference, 2006

The Sounds of Judgment

You may be thinking...



THINK DIFFERENTLY...



HOW? WHAT TO TRY:

- Learn to see without judging
- Step back, depersonalize
- See the patterns of behaviour
- Understand where it's a poor fit
- Identify points of intervention and preventions
- Build on strengths

Diane Malbin, MSW, FASCETS

CHILDREN & YOUTH SERVICES

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Infant, Child and Preschool Services	
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Infant, Child and Preschool Services

In Grey County these services are accessed through Community Living

Community Living

Community Living Services are available specific to the area where you live. Please see the Resource Section for contact information.

Infant and Child Development Service

This program provides home visiting, play-based, early intervention activities and resources for families with infants, toddlers and preschoolers who may be at risk for delays in their development or who may have a developmental delay.

Preschool Resource Program

This program provides home visiting, play-based, early intervention activities and child care program consultations. The program is specifically for preschool aged children who are experiencing delays in two or more areas of their development. A focus of the program is transitional planning for entry into kindergarten as well as the modeling of inclusive best practices in child care settings.

In Bruce County these services are accessed through Bruce County Social Services

Bruce County Social Services

[Preschool Resource Program](#)

The County provides Special Needs Resourcing services through their directly operated Preschool Resource Program. The intent of the program is to assist children with special needs to maximize their learning opportunities by providing individualized programs, supports, and services.

Please see the Resource Section for contact information.

Ministry of Community and Social Services

Special Services at Home

The Special Services at Home program helps families who are caring for a child with a developmental or physical disability. It is funded and managed by the Ministry of Community and Social Services.

The program helps families pay for special services in or outside the family home as long as the child is not receiving support from a residential program. For example, the family can hire someone to:

- help the child learn new skills and abilities, such as improving their communications skills and becoming more independent
- provide respite support to the family - families can get money to pay for services that will give them a break (or "respite") from the day-to-day care of their child

The amount of money a family receives depends on:

- the type and amount of service the child needs
- what other help is available in the community
- what kind of support the family is already receiving

Transition to School:

Information and strategies to assist families and children in preparing for the new expectations, routines, and challenges that may occur when entering Junior or Senior Kindergarten

- **Bring Documentation**

This will include any screenings or assessments prepared by any service partners who may be working with your child. It will be based on observation and consultation with parents/caregivers and child-care staff. Parents should review information and sign consents to allow the information to be shared with the school

- **Transition to School Meeting/ Case Conference**

Request a meeting to share information about your child's strengths and needs. The meeting should take place between April and June.

Parents may enquire who will be attending and suggest additional support people. Typically this meeting will be attended by:

- Service Providers currently involved: Occupational Therapist, Physiotherapist, Speech and Language Pathologist, Preschool Resource Team, Early Childhood Educator
- School staff such as Principal, Teacher and Special Education Resource Teacher or Learning Resource Teacher
- Representatives from Bruce Grey Catholic District School Board or Bluewater District School Board

Parents may want to clarify: format of meeting (who speaks when), who will take minutes and how they will be distributed to attendees.

Be sure to prepare ahead, with current service providers, details to be covered and questions to be asked. Bring pictures and be prepared to share information such as your child's likes & dislikes, favourite activities, strengths, what is hard for them, and everyday strategies that work for you.

Parents may be asked to sign referral or consent forms.

Determine the contact person at the school should you have additional questions or information to share before school starts.

How To: ➡ Get Ready for School!

You May Wish To:

- Create a social story to be read over the summer – the story could include photographs of your child, the classroom, teacher, playground, activities
- Arrange a classroom visit to allow your child to become more familiar with the school environment
- Arrange play dates over the summer with children who will be in the same class
- Arrange a practice ride on the school bus – this is usually planned in the late summer by the bus company
- During the summer, play on the school playground
- Use a countdown calendar to help your child anticipate the start of school
- Allow your child to practice packing, unpacking and carrying their backpack
- Allow your child to practice using a lunch kit, zip lock bags, plastic containers, etc.
- Gather additional comfort items that can be left at school
- Through the summer practice the *school day*
 - Practice morning routine, getting up, getting dressed
 - Packing backpack
 - Eat lunch and snacks on school schedule
 - Do some school “work” throughout the day

Once School Starts:

- Work with the Teacher to establish a daily communication book to be passed between home and school
 - Details about your child’s evening and morning may be helpful
-

Transition to School Timeline

WHEN	WHAT	CONTACT
October-November	Lets Learn Clinic and registration starts	School Office Manager Public Health Unit
April-June and ongoing as needed	School Meeting/ Case Conference	School Principal
May	Kindergarten school visit	School Principal Kindergarten Teachers
May-October	School based therapies may be transferred from Preschool services or new referrals may be submitted as needed (Occupational, Physical Therapy, Speech)	CCAC Case Manager (519) 371-2112 www.sw.ccac-ont.ca
September	School Starts!	School Principal Kindergarten Teacher
September-December	School board special education teams provide screenings and recommendations, as appropriate	Principal Others to be determined

Schools In Grey and Bruce Counties

Bruce Grey Catholic District School Board

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

Links to School Websites

Grade	School	Contact Number
JK-8	Holy Family School Hanover	519-364-2760
JK-8 FI	Immaculate Conception School Formosa	519-367-2900
JK-8	Mary Immaculate School Chepstow	519-366-2731
JK-8	Mother Teresa School Walkerton	519-881-1852
4-8 FI	Notre Dame School Owen Sound	519-371-0161
JK-8 FI	St. Anthony's School Kincardine	519-396-4330
JK-3 FI	St. Basil's School Owen Sound	519-376-9370
JK-8 FI	St. Joseph's School Port Elgin	519-389-5495
9-12 FI	St. Mary's High School Owen Sound	519-376-4278
JK-8	St. Peter & St. Paul's School Durham	519-369-2932
JK-8	Sacred Heart School Mildmay	519-367-2685
JK-8	Sacred Heart School Teeswater	519-392-6854
9-12 FI	Sacred Heart High School Walkerton	519-881-1900

Bluewater District School Board

<http://www.bwdsb.on.ca>

Grade	School	Contact Number
JK-8	Alexandra Community School Owen Sound	519-376-6306
JK-8	Amabel-Sauble Community School Sauble Beach	519-422-3805
JK-8	Arran-Tara Elementary School Tara	519-934-2560
JK-8	Bayview Public School Owen Sound	519-376-6665
JK-8	Beaver Valley Community School Thornbury	519-599-5991
JK-8	Beavercrest Community School Markdale	519-986-2990
JK-12	Bruce Peninsula District School Lion's Head	519-793-3211
JK-12	Chesley District Community School Chesley	519-363-2344
JK-6 JK-6 FI	Dawnview Public School Hanover	519-364-1891
JK-8	Derby Public School Kilsyth	519-376-2989
JK-6	Dufferin Elementary School Owen Sound	519-376-8696
JK-3	Dundalk & Proton Community School Dundalk	519-923-2622
JK-8	Egremont Community School Holstein	519-334-3640
JK-8 JK-5 FI	Elgin Market Public School Kincardine	519-396-8115
JK-8	G.C. Huston Public School Southampton	519-797-3241

Grade	School	Contact Number
9-12	<u>Georgian Bay Secondary School</u> Meaford	519-538-1680
JK-6 4-8 FI	<u>Hanover Heights Community School</u> Hanover	519-364-2910
JK-8 JK-8 FI	<u>Hepworth Central Public School</u> Hepworth	519-935-2061
4-8	<u>Highpoint Community School</u> Dundalk	519-923-2336
JK-8	<u>Hillcrest Central School</u> Teeswater	519-392-6811
JK-8 7-8 FI	<u>Hillcrest Elementary School</u> Owen Sound	519-376-1771
JK-8	<u>Holland-Chatsworth Central School</u> Chatsworth	519-794-2729
4-8	<u>Huron Heights Public School</u> Kincardine	519-396-7035
	<u>Institute for Outdoor Education and Environmental Studies</u> Wiarton	519-534-2767
7-12	<u>John Diefenbaker Senior School</u> Hanover	519-364-3770
JK-6	<u>Keppel-Sarawak Elementary School</u> Owen Sound	519-376-1789
9-12	<u>Kincardine District Secondary School</u> Kincardine	519-396-9151
JK-3	<u>Kincardine Township-Tiverton Public School</u> Kincardine	519-396-3371
JK-8	<u>Lucknow Central Public School</u> Lucknow	519-528-3022
JK-8 JK-8 FI	<u>Macphail Memorial Elementary School</u> Flesherton	519-924-2752
JK-8 6-8 FI	<u>Meaford Community School</u> Meaford	519-538-2260
JK-8	<u>Mildmay-Carrick Central Public School</u> Mildmay	519-367-5548
K-8	<u>Normanby Community School</u> Ayton	519-665-7783
JK-8	<u>Northport Elementary School</u> Port Elgin	519-832-9077
JK-8	<u>Osprey Central School</u> Maxwell	519-922-2341
9-12	<u>Owen Sound Collegiate & Vocational Institute</u> Owen Sound	519-376-2010
JK-8	<u>Paisley Central School</u> Paisley	519-353-5691
JK-12	<u>Peninsula Shores District School</u> Wiarton	519-534-2205
JK-8 JK-8 FI	<u>Port Elgin-Saugeen Central School</u> Port Elgin	519-832-2038
JK-8	<u>Ripley-Huron Community School</u> Ripley	519-395-2651
9-12	<u>Saugeen District Secondary School</u> Port Elgin	519-832-2091
JK-8	<u>Spruce Ridge Community School</u> Durham	519-369-2217
JK-5	<u>St. Edmunds Public School</u> Tobermory	519-596-2390
JK-5 JK-5 FI	<u>St. Vincent-Euphrasia Elementary School</u> Meaford	519-538-1950
JK-8	<u>Sullivan Community School</u> Desboro	519-794-2785
JK-8 JK-6 FI	<u>Sydenham Community School</u> Owen Sound	519-376-2851
JK-12	<u>Walkerton District Community School</u> Walkerton	519-881-1780
9-12	<u>West Hill Secondary School</u> Owen Sound	519-376-6050

IEP - The Individual Education Plan

What is an IEP?

An Individual Education Plan (IEP) is a written plan provided to students who require changes to the curriculum. Students may also have an IEP when they require adaptations in teaching that are tailored to their learning style.

The IEP is a working document that describes areas of strength and need, learning expectations, teaching strategies, special education services and assessment strategies for an individual student.

How often is an IEP changed?

An IEP is developed for each school year and should include learning expectations specific for each reporting period (e.g., each term or semester). The IEP may also be revised if there is a significant change in the child's needs or circumstances. An IEP can be revised at any time.

What can Parents Contribute?

Parents should be consulted in the development of the IEP and must receive a copy when it is completed, and/or revised.

Parents can provide an invaluable perspective on their child's development and learning. They can provide:

- up-to-date medical information
- information about their child's likes, dislikes, interests, talents and skills
- opportunities to practice and maintain new skills in the home and community

❖ **Parents know their child best and can advocate for their best interest.**

Parents can contact the school at any time to discuss issues or provide suggestions surrounding their child's Educational Programming.

*** PLEASE NOTE: There are **three** copies of this page provided for your use.
Include one with the information you are passing along to your child's school team.

Tips for Teachers – of Students with FASD / FA-ND Profile

• Meet the Challenge	Believe we can promote success in students with FASD / FA-ND. Commit to be part of the solution, by working with others.
• FASD/FA-ND and Families	Try to understand and respect the strong emotions facing families. Remember: our knowledge, beliefs, judgments, and personal issues around alcohol can influence our interactions with families.
• Try a Different Approach	Realize that people do the best they can with the understanding they have. When they repeatedly make the same mistakes try differently , not harder.
• Establish a Structure	Put structures in place for success, and teach habit patterns as a pathway to understanding. Structure is a life-long need for those with FASD / FA-ND Profile.
• Observe Behaviours	When an academic or behaviour support is not working with an individual, use S.O.A.P. (Stop action. Observe. Assess. Plan)
• Interpret Behaviours	Consider misbehaviour as coming from lack of understanding, rather than non-compliance.
• Physical Environment	Understand how sensory input and processing affect a student's ability to be successful in a school environment. Modify, to enable a learning environment.
• Use Concrete Language	Talk to students in a way they can understand – use literal language.
• Memory	Understand the role that memory plays in a person's ability to learn and to <i>sustain a consistent level</i> of performance. Never punish for forgetting; help them remember.
• Academic and Social Skills	Realize that a damaged brain cannot process information in a typical manner. This causes life-long difficulties learning academic and social skills. Individuals will need extended time and assistance to grasp important concepts.
• Transitions	Pay attention to all transitions; from micro: one activity to another, to macro: transitioning to adulthood (begins early, continues well beyond adolescence and requires ongoing teaching of daily living skills well into adulthood.
• Measure Success	Redefine success. Recognize and applaud accomplishments, in both our students and ourselves.
• Care for Yourself	Prevent compassion fatigue by taking care of yourself.

Deb Evenson 2010

*** PLEASE NOTE: There are **three copies** of this page provided for your use.
Include one with the information you are passing along to your child's school team.

Tips for Teachers – of Students with FASD / FA-ND Profile

• Meet the Challenge	Believe we can promote success in students with FASD / FA-ND. Commit to be part of the solution, by working with others.
• FASD/FA-ND and Families	Try to understand and respect the strong emotions facing families. Remember: our knowledge, beliefs, judgments, and personal issues around alcohol can influence our interactions with families.
• Try a Different Approach	Realize that people do the best they can with the understanding they have. When they repeatedly make the same mistakes try differently, not harder.
• Establish a Structure	Put structures in place for success, and teach habit patterns as a pathway to understanding. Structure is a life-long need for those with FASD / FA-ND Profile.
• Observe Behaviours	When an academic or behaviour support is not working with an individual, use S.O.A.P. (Stop action. Observe. Assess. Plan)
• Interpret Behaviours	Consider misbehaviour as coming from lack of understanding, rather than non-compliance.
• Physical Environment	Understand how sensory input and processing affect a student's ability to be successful in a school environment. Modify, to enable a learning environment.
• Use Concrete Language	Talk to students in a way they can understand – use literal language.
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Transition from School to Community

Transition from school to community can be an ongoing process that begins shortly after a student's entry into secondary education. Planning for this transition can be a collaborative effort involving the student, family members, school personnel, and community service providers.

Passport Program

The key goals of the Passport Program are to:

- Assist young people who have a developmental disability to make the transition from school to life as an adult in the community
- Improve the quality of participation in the community for adults with a developmental disability by providing supports that focus on individual goals, work activities and community participation
- Promote independence
- Foster social, emotional, and community participation skills
- Promote continuing education and personal development

*Contact [DSO \(Developmental Services Ontario\)](#) to apply for adult services.

www.dsontario.ca

*See the “Agencies Section” to find the Community Living in your area

Community Living

- **School to Community Transition Program** – assist individuals with *intellectual disabilities* in planning for life after graduation
- **Family Counselling and Support Services** - assist individuals with *developmental disabilities* in planning for life after graduation

ADULT SERVICES

In this section:

DSO Developmental Services of Ontario

- help for adults with developmental disabilities find services and supports within their community

O.D.S.P. Ontario Disability Support Program

- The Ontario Disability Support Program helps people with disabilities who are in financial need pay for living expenses, like food and housing.
- Income Supports
- Employment Supports

Discretionary Trust/ Absolute Discretionary Trust/ Henson Trust

- Inheritance / Insurance Policy

Accommodation

- Bruce County
- Grey County
- Community Living

Education

- Georgian College
- Adult Learning Centres

Employment Options

- Community Living
- Supported Employment

DSO – Developmental Services of Ontario

www.dsontario.ca

Developmental Services Ontario agencies can help adults with developmental disabilities find services and supports in their community. They can also provide information and help you or someone you care for with planning for the future.

<http://www.dsontario.ca/Overview>

Wherever you live, DSO can help you or someone you care for to connect with available

- residential supports
- caregiver respite
- community participation supports (like recreation, volunteering, employment, or in-home supports)
- professional and specialized services
- person-directed planning
- and other supports to help people with developmental disabilities become more involved in their communities!

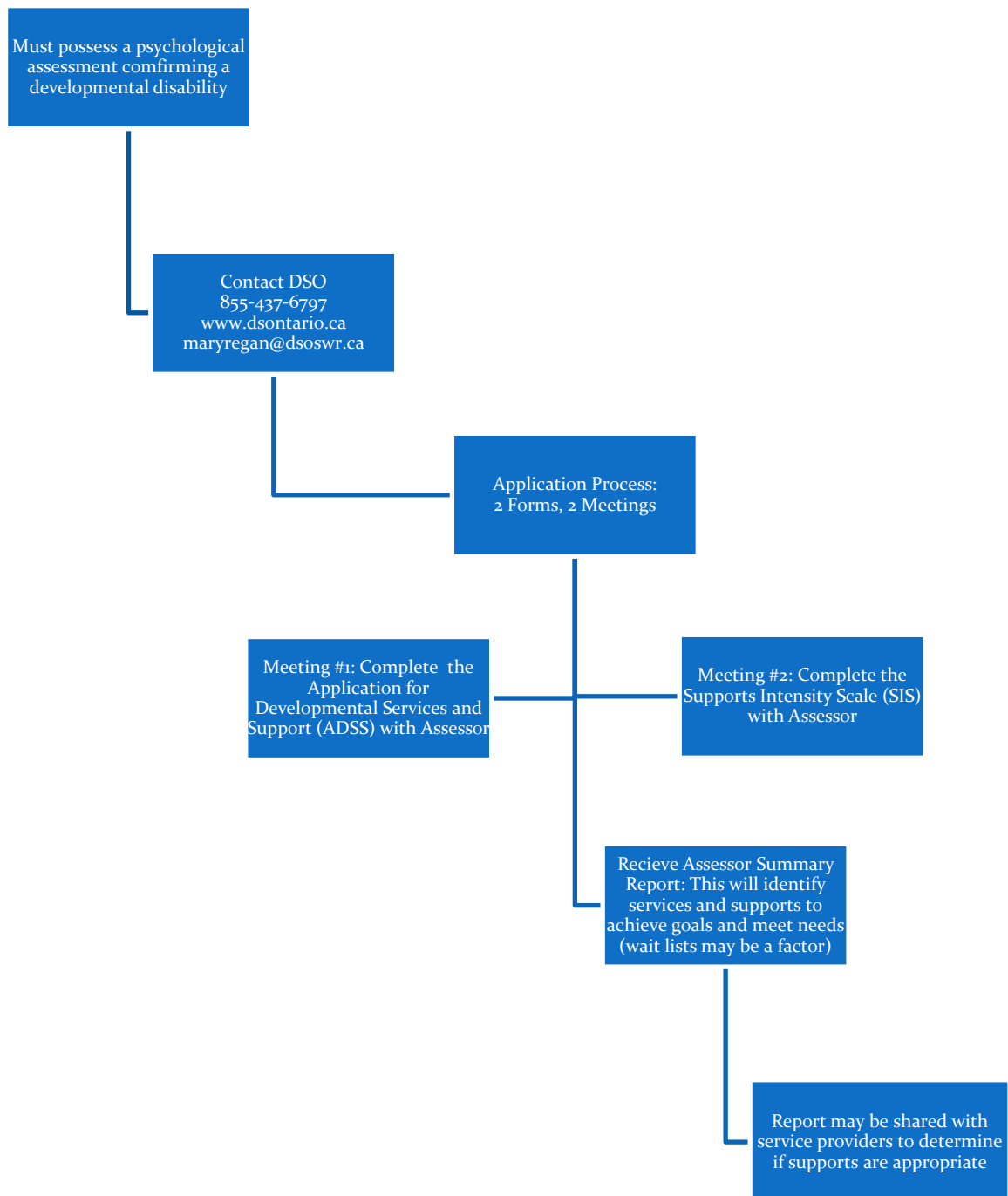
DSO South West Region serves the following areas:

www.dsontario.ca/agencies/dso-southwest

- Bruce County
- Chatham-Kent
- Elgin County
- Grey County
- Huron County
- London-Middlesex
- Oxford County
- Perth County
- Sarnia-Lambton
- Windsor-Essex

DSO can provide you with information about community services and resources. It is “your access point for adult developmental services” funded by the Ontario Ministry of Community and Social Services across the south west region.

DSO Chart: How to Access Support



O.D.S.P. Ontario Disability Support Program

www.mcss.gov.on.ca/en/mcss/programs/social/odsp

Owen Sound Office

Ministry of Community and Social Services
Ontario Disability Support Program
Income and Employment Supports
1400 1st Avenue West
P.O Box 697
Owen Sound ON N4K 5R4

Tel: (519) 376-1951

Toll Free: 1-800-265-3790

TDD/TTY: (519) 376-3307

Fax: (519) 376-4544

The Ontario Disability Support Program helps people with disabilities who are in financial need pay for living expenses, like food and housing.

The program provides eligible people with disabilities with:

- financial help (This is called [Income Support](#) and it helps people with disabilities who are in financial need pay for living expenses, like food and housing.)
- help finding a job (This is called [Employment Supports](#) and it helps people with disabilities who can and want to work prepare for and find a job.)

The Ontario Disability Support Program is managed and delivered by the Ministry of Community and Social Services.

Please note:

Everyone's situation is different. The information here is intended as general guidance only. It isn't meant to provide a full description of the Ontario Disability Support Program or to tell you whether you qualify for the program. To understand how this information applies to your situation, please contact your local [Ontario Disability Support Program office](#). Give them all the information you can about your personal circumstances. You may also wish to check the [Ontario Disability Support Program policy directives](#) for more detailed information.

O.D.S.P. Income Support

Income Support

Ontario Disability Support Program Income Support is one of Ontario's social assistance programs. Income Support provides financial help for people with disabilities who are in need. It can help pay for living expenses, like food and housing.

If you qualify for Income Support, the amount of Income Support you receive will depend on your:

- family size
- income
- assets, and
- housing costs

Benefits that may be available

If you qualify for Income Support, you and your family may also qualify for other benefits, such as:

- drug coverage
- dental coverage
- vision care
- hearing aids
- diabetic supplies
- help with transportation costs to medical appointments
- wheelchair/mobility device repairs and batteries
- help to support your guide dog
- help with work-related expenses

Working while receiving Income Support

We know that many people who receive Income Support can and want to work. Ontario Disability Support Program Employment Supports can help you get ready for a new job or a training program, and can help you keep your job if you are at risk of losing it.

Depending on your situation, you can work and receive Income Support at the same time. Let us know if you are working, and we may be able to help you with work-related costs, such as child care.

Potential applicants can apply online at: www.ontario.ca/socialassistance and can do a quick calculation to see if they are financially eligible on their own and should proceed with an actual application.

Income Support – Who Is Eligible?

You may qualify for Income Support if you:

- are 18 years of age or older
- live in Ontario
- are in financial need, and
- have a substantial physical or mental disability that:
 - is expected to last a year or more, and
 - makes it hard for you to care for yourself, take part in community life or work

To determine if you are eligible to receive Income Support, they look at your financial situation and disability status.

Financial eligibility

They consider your own and your family's income, assets, housing costs and the size of your family to calculate if you qualify financially for Income Support and, if so, how much you can receive.

Disability eligibility

You also need to meet the definition of "a person with a disability" as defined under the Ontario Disability Support Program Act.

O.D.S.P. Employment Supports

[Employment Supports](#)

We know that many people with disabilities can work and want to work. That's why there are Ontario Disability Support Program Employment Supports.

Employment Supports

If you have a disability, and can work and want to work ...

Ontario Disability Support Program Employment Supports can help.

Employment Supports can help you get ready for work and find a job, or start up your own business.

Employment Supports can help even if you have never worked before, have been out of work for some time, or are in school.

Once you start working, you can also get assistance to keep your job or to advance your career.

Employment Supports – Who Is Eligible?

If you want to work, you may be able receive Ontario Disability Support Program Employment Supports.

To be eligible for Employment Supports, you must:

- be 16 years of age or older
- be a resident of Ontario
- be able to work in Canada
- have a disability that is expected to last a year or more, and
- have a disability that makes it hard for you to find or keep a job.

If you are a student and you wish to work part-time while you are going to school, you may be eligible for Employment Supports.

You do not have to be receiving financial assistance from the Ontario Disability Support Program to be eligible for Employment Supports. However, clients with a taxable income over \$51,000 need to contribute toward the cost of their supports.

When you are not eligible for Employment Supports

You cannot receive Employment Supports if you are:

- eligible for or receiving disability or rehabilitation benefits from other public or private sources, or
- receiving financial assistance from Ontario Works. (Ontario Works provides employment assistance.)

Discretionary Trust/ Absolute Discretionary Trust/ Henson Trust

Trust Fund Information

Funds Held in Trust

An ODSP recipient is allowed to hold certain **funds in trust**, without those funds being included in a calculation of the ODSP recipient's total assets.

This is helpful, because having assets over the ODSP limit could affect the person's entitlement to receive ODSP benefits.

The funds in the trust must have been received in an inheritance or as the proceeds from a life insurance policy. Funds kept in a trust that have come from any other source will be included in a calculation of the person's assets.

Eligible funds held in trust will not be counted as assets to the benefit unit, so long as the combined value of the funds in trust, plus the cash surrender value of any life insurance policies owned by the ODSP recipient or a member of their benefit unit, remains below a limit set by ODSP, currently \$100,000.

The \$100,000 limit can be avoided if inheritance funds are put in a specific type of trust called an absolute discretionary trust, otherwise known as a Henson trust. An absolute discretionary trust, or Henson trust, must be set up by the person who is leaving the inheritance. It cannot be set up by the ODSP recipient. If a family member or friend of an ODSP recipient is working on a will, legal advice should be sought in advance to protect the ODSP eligibility of the recipient.

It is always advisable for an ODSP recipient, and/or their family members, to seek legal advice when working on estate planning. An ODSP recipient should seek legal advice, at their local Community Legal Clinic or with a private bar lawyer in the event that an inheritance is received. A lawyer can assist in ensuring that the ODSP recipient's income security is impacted as little as possible by the receipt of an inheritance.

Any payments or income that an ODSP recipient receives from a trust could potentially be considered income, and could be deducted from the ODSP recipient's monthly benefits entitlement. There are exceptions and allowances for certain payments and income from the trust. It is advisable to seek legal advice, from a local Community Legal Clinic, or from a private bar lawyer regarding any proposed payments or income from the trust, to try to avoid deductions from ODSP benefits, or unintentional ineligibility for ODSP benefits.

Accommodation

Bruce County

[Housing - Bruce County, Ontario, Canada](#)

Bruce County Housing Corporation

325 Lambton Street
Kincardine, Ontario N2Z 2Y1
Phone: 519-396-3439
1-800-265-3022
Fax: 519-396-3499

The Social Housing division is responsible for the funding and administration of social housing programs in the County of Bruce and management of the Bruce County Housing Corporation buildings.

The Housing Stability Fund

The Housing Stability Fund is to assist individuals, couples and families who are homeless or at risk of becoming homeless to secure affordable permanent housing in Bruce County.

<http://www.brucecounty.on.ca/index.php?q=services-health/social-housing/housing-programs.php>

Application Form available at:

<http://www.brucecounty.on.ca/assets/departments/housing/files/Housing%20Stability%20Fund/HSF%20Application%20updated%20Nov%204-13.pdf>

Grey County

Subsidized Housing :: County of Grey – Colour It Your Way <http://www.grey.ca/health-social-services/subsidized-housing/>

595 9th Avenue East
Owen Sound ON N4K 3E3
Phone: (519) 376-5744
Fax: (519) 376-0445
Toll Free: 1-800-567-4739

Director of Housing: Rod Wyatt, B.A.

Email: rod.wyatt@grey.ca

Email Housing: housing@grey.ca

Grey County's Housing portfolio consists of units available to families, seniors and singles and these units are located throughout the municipality.

Grey County Sustainable Housing Benefit

The Sustainable Housing Benefit provides assistance to Grey County residents with costs to establish or maintain an affordable residence. <http://www.grey.ca/health-social-services/subsidized-housing/>

Application Form available at:

https://greydocs.ca/urm/groups/public/documents/greyforms/gc_o7o458.pdf

Community Living – Residential and Supported Independent Living

Access to these services is managed by Disability Support Ontario. Please refer to the section on DSO for the contact information.

Supported Homes

Community Living offers a limited number of homes and locations which offer staff support 24 hours per day. These homes typically support 3 or 4 people and are long term in nature. The residents in the homes have a diverse range of unique support needs. Some clients participate in a day program Monday to Friday, others may be at school or involved in other community programs. The group homes are staffed 7 days per week.

Independent Living Services

Adults 18 years of age and older who live independently in the community can access support from staff to help manage their daily independent living routines. Support typically is limited to one or two hours per day although it can be higher during transition stages. Often people will have room mates to help share expenses.

Supported Independent Living

This program provides support to developmentally disabled individuals who are living independently in the community. These persons are not residing in their family home or in a group home, and do not receive Special Service at Home funding. They often require daily support and case management.

Adult Education

Georgian College

- Continuing Education
- Disability Services
- Ontario Learn
 - Georgian College is a member of the OntarioLearn consortium of Ontario Colleges. Our mandate includes shared development, expenses, and delivery of online courses.
 - Students have access to their course 24/7 and learn through a combination of curriculum delivered online and through print-based texts and workbooks. All courses are instructor led.

Adult Learning Centres

- The Adult Learning Centres help adults achieve the **math, writing** and **reading skills** they need for work and to fully enjoy the community.
- The services are free and confidential.
Our students must be at least sixteen years old.

Links

Georgian College, Owen Sound, ON – 519-376-0840

[Continuing Education @ Georgian |](#)

[Disability Services - Student Success](#)

[Ontario Learn Online Courses](#)

Adult Learning Centres

Owen Sound, ON – 519- 376-6623 ext 3

Kincardine, ON – 519-396-6004

Walkerton, ON (QUILL) – 519-881-3858

Warton, ON – 519-534-4911

Saugeen Shores, ON – 519-389-2302

[Adult Learning Centres Grey Bruce Georgian](#)

FINANCIAL ASSISTANCE

In this section:

Assistance for Children with Severe Disabilities (ACSD)	
Assistive Devices Program	
Child Disability Benefit	
Children's Fitness Tax Credit	
Disabilty Tax Credit	
Easter Seals - Incontinence Supplies Grant	
Registered Disability Savings Plan	
Special Services at Home	

Financial Assistance

Program	Information	Weblink
Assistance for Children with Severe Disabilities (ACSD)	<p>If you are a parent caring for a child with a severe disability, you may be able to receive some financial help.</p> <p>The Assistance for Children with Severe Disabilities Program helps parents with some of the extra costs of caring for a child who has a severe disability.</p>	ACSD Assistance for Children with Severe Disabilities
Assistive Devices Program	Devices covered by the program are intended to enable people with physical disabilities to increase their independence through access to assistive devices. I.e. Hearing aids, wheelchair/ mobility, visual and communication aids.	Assistive Devices Program- Public - MOHLTC
Child Disability Benefit	The Child Disability Benefit (CDB) is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.	Child Disability Benefit (CDB)
Children's Fitness Tax Credit	You can claim fees relating to the cost of registration or membership for you or your spouse's or common-law partner's child in a prescribed program of physical activity.	Children's Fitness Tax Credit
Disability Tax Credit	Individuals who have an impairment in physical or mental functions that is severe and prolonged use this form to apply for the disability amount.	Disability Tax Credit
Easter Seals – Incontinence Supplies Grant	The program is for children and youth between the ages of 3 to 18 years with chronic disabilities (physical or developmental) that result in irreversible incontinence or retention problems lasting longer than six months and requiring the use of incontinence supplies.	Easter Seals Ontario » Incontinence Supplies Grant Program
Registered Disability Savings Plan	A Registered Disability Savings Plan (RDSP) is a federal tax-supported savings vehicle that is intended to encourage people to save for the future needs of a person with a disability.	Registered Disability Savings Plans
Special Services at Home	The Special Services at Home program helps families who are caring for a child with a developmental or physical disability.	Special Services at Home

REFERENCE SECTION

In this section you will find...



Agency Information

Agency	Contact Information
Dial: 211 Provides a directory of social services in Grey Bruce	Telephone: 211

Adult Protective Services of Bruce & Grey Counties

Clients must be age 18 or over, live in Bruce & Grey Counties, have a developmental disability, & be living on their own, or planning to, and have limited social supports.

We assist clients to live safely & securely in the community.

Support is individualized and provided in the community.

We provide support primarily through Case Management & Advocacy. We work with clients to set goals & make a plan to reach them, help access and maintain community and government services (i.e., financial assistance, housing, employment programs, legal services, recreation, medical & dental care, counseling etc.) and provide support at appointments when necessary & requested. We assist clients to report abuse and support clients to understand and exercise their rights.

Involvement in the program is voluntary.

Address:

202-836 2nd Ave. E., Owen Sound

Telephone:

(519)371-4453 ext. 4410

Fax: (519)376-7910

Toll Free: 1-855-322-4453

Email: sue.mcilroy@bgcfs.ca

Contact Person: Sue McIlroy

To Apply: Call Developmental Services Ontario (DSO) at 1-855-437-6797, ask for intake.

The program is administered by Bruce Grey Child & Family Services.

Bluewater Youth & Adult Services Ltd

Believes that every individual is unique and is entitled to a level of support necessary to bring about positive change to their life situation.

Provides community support and long term residential care to both youth and adults 12 & up; who are identified with a dual diagnosis.

Promotes opportunity for personal growth and development of life skills specific to emotional and social wellness, fostering of independent living skills and positive behavioural support strategies.

Committed to ensuring individuals have a structured and safe environment to develop in.

Referrals are accepted through community partners.

Funded by the Ministry of Children and Youth Services and the Ministry of Community and Social Services.

Address: RR#4 Chesley, NoG 1Lo

Telephone: 519-363-3420 ext. 33

Fax: 519-363-2877

Email:

smcgilvearybwyas@bmts.com

Contact Person:

Steve McGilveary,
Program Director

Bruce County Social Services

Ontario Works

Ontario Works is a program which provides financial assistance and employment supports to eligible individuals and families. The intent of the Ontario Works program is to help people in temporary financial need find sustainable employment and achieve self-reliance through the provision of effective, integrated employment services and financial assistance.

Children's Services

Childcare Subsidy

Child care subsidy is available for families who are working, attending school or in need of support for themselves or their children. Subsidy is available in Licensed Child Centres and/or with Approved Bruce County Home Child Care Providers. If you wish to apply or require more information please see our website.

Preschool Resource Program

The County provides Special Needs Resourcing services through their directly operated Preschool Resource Program. The intent of the program is to assist children with special needs to maximize their learning opportunities by providing individualized programs, supports, and services. Available to any child residing in Bruce County aged 2-6 years who is experiencing delays in two or more developmental areas.

Ontario Early Year Centre

The Ontario Early Years Centre Bruce-Grey-Owen Sound sites provide services for children aged newborn to six and their parents, grandparents and other caregivers. The centres provide interactive early learning, literacy and school readiness activities that help give children a healthy start in life. They offer support and education to parents, and provide links and information about other early years services in the community.

Bruce County Housing

The Social Housing division is responsible for the funding and administration of social housing programs in the County of Bruce and management of the Bruce County Housing Corporation buildings. Please visit our website to learn about our different housing programs.

Address: 30 Park Street
Walkerton, Ontario N0G 2V0
Phone: 519-881-0431
Toll Free: 1 800 265 3005
Fax: 519-881-4324
Website:
www.brucecounty.on.ca
Director: Terry Sanderson

Website:
www.brucecounty.on.ca/childcare.php

Email:
childcare@brucecounty.on.ca

Find Walkerton and Kincardine
OEYC sites on Facebook

Bruce County Housing
Corporation
Address: 325 Lambton Street
Kincardine, Ontario N2Z 2Y1
Telephone: 519-396-3439
Toll Free: 1-800-265-3022
Fax: 519-396-3499
www.brucecounty.on.ca

Bruce Grey Child and Family Services (Formerly Grey and Bruce Children's Aid Society)

Bruce Grey Child & Family Services works under the mandate of the Ontario *Child & Family Services Act* and is one of nearly 50 organizations in Ontario responsible for protecting children from abuse, neglect and other forms of maltreatment.

Parenting is a challenging job and everyone needs help at some point. Many of the families we work with also face additional challenges arising from poverty, violence, mental health and/or addictions. We are committed to working with them to provide a safe and nurturing environment for their children. We provide counselling, teaching and support programs as well as referrals to other community services, all designed to keep children safe and healthy.

Address:

640 2nd Ave East
Owen Sound, Ont.

Contact:

Anne Bester- Director of
Protection Services
ext 4113

ann.bester@bgcfs.ca

or Judith Ferguson - Family
Resource Worker
ext 4161

judith.ferguson@bgcfs.ca

Telephone: 519.371.4453

Toll Free: 1.855.322.4453

Fax: 519.376.8934

Website: <http://www.bgcfs.ca/>

Canadian Mental Health Association- Grey Bruce Branch

Services include a crisis line, case management, court support services, counselling, community leisure access, leisure links, Employment Services and Identification Clinic, Grey Bruce Friends and Neighbors (FAN) Club, Mental Health First Aid, public education and Safe Talk

Address: 1024 Owen Sound, ON
N4K 2H7

Telephone: (519) 371-3642

Crisis Line ex: 172

Court Support Grey ex: 179

FAN Club & YouthNET ex: 175

Fax: (519) 371-6485

Court Support Bruce County:

519-507-6500

Counselling Southampton:

519-797-2880

Counselling Kincardine:

519-396-4523

Bruce Shoreline Team:

1-877-888-5855

<http://gb.cmha.ca/programs-and-services/>

Central Grey Bruce Team

People aged 16 years and older are eligible for services. Our main focus is to assist people with serious mental illness (i.e. schizophrenia, bi-polar disorder, depression, etc.) and their families, and people with acute mental health needs (i.e. those in crisis and/or at risk of self-harm or hospitalization). Adults with other mental health issues will be prioritized according to urgency. We also provide service to female survivors of sexual

Address: 425 10th Street, Unit 8

Hanover, Ontario N4N 1P8

Telephone: (519) 364-7788

Fax: (519) 364-5052

Website:

<http://hopegb.org/content/central-grey-bruce-team>

abuse and/or childhood sexual abuse.

Chippewas of Nawash: Aboriginal Head Start, FASD & Maternal Child Program

Assists families with children aged 0-6 years preparing for early learning by meeting their social, emotional, physical and nutritional needs.

Bi-weekly Healthy Families programming to help encourage parent involvement and to discuss children's growth & development.

Home visit supports with parents & children, as well as breastfeeding supports.

Educational toy lending program based on the child's interests and stage of development - pick up & delivery service of toys is included.

Address: 23 Lighthouse Road

Telephone: 519-534-3911

Fax: 519-534-4932

Email: ahs_fasd@gbtel.ca

Choices – See Hope Grey Bruce

COMMUNITY LIVING AGENCIES of GREY/ BRUCE

Bruce Peninsula Association for Community Living

Supports provided by BPACL include Family support, referrals, individual support for special needs adults and children, adult day program, residential supports, recreation and leisure programs like Special Olympics.

Address: 314 George Street,
Wiarton

On NoH 2To.

Telephone: 519-534-0553

Fax: 519-534-2739

Website:

www.communitylivingbp.org

Contact Person: Sheila Thomas

COMMUNITY LIVING Hanover and Area – HARC INC.

Community Living Hanover and Area is a non-profit, charitable organization that has been providing services for over 30 years to people with developmental disabilities and their families, living in Hanover, Neustadt and area. Our goal is to provide support to people enabling them to live, work and become active members within their community through opportunities and supports.

The agency is governed by a volunteer Board of Directors and receives funding from the Ministry of Community and Social Services.

We currently provide supports and housing to individuals through our four Residential Homes. Our services also include Day Support Services, Supported Independent Living and

Address: 521 11th Ave, Hanover,
ON

Telephone: 519-364-6100

Fax: 519-364-7488

Website: www.clhanover.com

Email: Heather@harcinc.ca

Contact Person: Heather Byers
at reception to direct inquiries

ODSP Employment Support Services.

Employment Services

As a service provider for the Ontario Disability Support Program we support businesses to employ people with any combinations of disabilities to obtain meaningful employment, including: job readiness, resume writing, job searching, development with potential employers and job coaching. To be eligible for Employment Supports individual must be 16 years of age or older. For full participation in this program, a final approval/referral through ODSP- Employment Supports is necessary.

Employment Services:

Address: 521 11th Ave, Hanover, ON

Telephone: 519-364-6100 ext. 107

Fax: 519-364-7488

Website: www.clhanover.com

Community Living Kincardine District

CLKD is a not for profit organization providing support to people in the municipalities of Kincardine, and Huron-Kinloss. Using a Person Centred approach supports are developed which are directed by the person or family to assist the person who has a developmental disability to participate in community life

Address: 286 Lambton Street

PO Box 9000

Kincardine, ON N2Z 2Z3

Phone: 519-396-9434

Fax: 519-396-4514

Website: www.clkd.ca

Community Living Meaford

Provides support to individuals with a disability and their families. CL Meaford is a non-profit agency, governed by a volunteer board of directors, and funded through the Ministry of Community and Social Services.

CL Meaford primarily supports adults over the age of 18 and requires a referral from Developmental Services Ontario to access service.

Currently we provide services to four residential homes, a Supported Independent Living program, a Day Services program and a Wood Working Department.

We are also an ODSP employment supports provider.

Address: 76 Sykes Street North, Meaford, On N4L 1R2

Telephone: 519-538-3277

Fax: 519-538-4331

Contact Person: Sharon LeBlanc
Family Support and Planning,
Employment Services

Email:

SharonLeBlanc@communitylivingmeaford.ca

Community Living Owen Sound and District

Community Living Owen Sound and District provides person-centred support services for children, adults and families. Our approach to supporting people is to always put the person and their family's goals at the forefront. We believe in being proactive through early intervention and involvement. We believe in planning and service co-ordination.

Address: 769 4th Ave East

Owen Sound, Ontario N4K 2N5

Telephone: (519) 371-9251

Fax: (519) 371-5168

info@comlivos.on.ca

Website:

www.communitylivingowensound.ca

Community Living Walkerton and District

CLWD provides supports and services to individuals with a developmental disability.

Through Family Support Services, individualized support can be provided to assist families in accessing community resources, supports and services. The Infant and Child Development program is a play based service that is available for infants and young children who have been diagnosed or who are at risk for delays in development. Application for Adult Services including Supported Independent Living, Employment Services, Group Living and Passport Funding can be completed through Developmental Services Ontario. CLWD provides support through the ODSP Employment Supports Program

Address: Box 999, 19 Durham St.
E. Walkerton

Telephone: 519 881 3713

Fax: 519 881 0531

Website: www.clwalkerton.org

Email:
smarshall@clwalkerton.org

Contact Person: Sheryl Marshall

South-East Grey Support Services (SEGSS)

Support adults with a developmental disability using an individualized model of support: A philosophy of providing individuals choice.

Eligibility does not necessarily rely on a certain geographical catchment.

Services can be purchased with Passport or individualized funding through the Ministry of Community and Social Services (MCSS).

Intake for services for persons turning 18 years old is now completed through Developmental Services Ontario (DSO). When a vacancy is available at SEGSS, the DSO is notified of it and SEGSS is then provided with name(s) of the individuals that are next on the DSO waitlist and match the available resources.

Address: Box 12, 24 Toronto
Street Flesherton, NoC 1E0

Telephone: 519-924-3339

Fax: 519-924-3575

Toll Free: 1-800-363-1923

Website:
www.southeastgreysupportservices.com

Email: segss@bmts.com

Contact Person:

Marsha Ferguson, Executive
Assistant

(End of Community Living Services)

Community Connections: Housing and Support

Community Connections: Housing and Support is a community based program serving adults with serious mental illness who live in Grey and Bruce counties. We provide a variety of services to support people through our offices in Owen Sound and the Community Mental Health Teams in Hanover, Markdale, Wiarton and Southampton. Our workers provide flexible, individualized housing services that are client

Address: 1105 1st Avenue East
Owen Sound, Ontario N4K 2E2

Telephone: (519) 371-2390

Toll free: 1-800-235-2967

Fax: (519) 372-1592

Email: housing@hopegb.org

Website:
[http://hopegb.org/content/com-](http://hopegb.org/content/community-connections-housing-)
[munity-connections-housing-](http://hopegb.org/content/community-connections-housing-)

focused and based on individual needs and wants. We help provide both a place to live and help to live in the community of your choice through residential programs and community outreach support. Our services include help with finding affordable accommodation and assistance with landlord/tenant problems, skills training, outreach group services and community support

[and-support](#)

Community Network Support Team (CNST)

The CNST is committed to the improvement of mental health and addiction knowledge and resources/information for the people of Grey and Bruce counties. This includes publications, operation of the Mental Health Resource Library, orientations, and education. CNST works with a broad range of health, human services, consumer/survivors, families of people with mental illness and community groups that contribute to the mental health system of Grey and Bruce.

Address: 1101 2nd Avenue East,
Suite 205
Owen Sound, Ontario N4K 2J1
Telephone: (519) 371-4551
Fax: (519) 371-6138
Email: cnst@hopegb.org
Website: <http://hopegb.org/content/cnst>

Consumer/ Survivor Development Project

The Consumer/Survivor Development Project (CSDP) provides peer support, education, consultation and community development services that foster self-help, networking and leadership development for adult consumer/survivors who have or have experienced a serious mental illness.

Address: 1101 2nd Avenue West,
Suite 205
Owen Sound, Ontario N4K 2J1
Telephone: (519) 371-4582
Fax: (519) 371-6138
Email: csdp@hopegb.org
Website: <http://hopegb.org/content/consumersurvivor-development-project>

Family Support Initiative (FSI)

The FSI is a community development project providing education, consultation and community development services to foster networking and peer support amongst family members of those with a serious mental illness.

Address: 1101 2nd Avenue East,
Suite 205
Owen Sound, Ontario N4K 2J1
Telephone: (519) 371-4802
Fax: (519) 371-6138
Email: fsi@hopegb.org
<http://hopegb.org/content/family-support-initiative>

Grey-Bruce Community Legal Clinic

Provides free legal services in the areas of law that most impact on low-income or vulnerable communities living in Grey and Bruce. Our main office is in Owen Sound, and we have satellite locations in Wiarton, Kincardine, Port Elgin, Hanover, and Flesherton. Our areas of law include: social assistance,

Address: Suite 2, 945 3rd Ave
East, Owen Sound, ON, N4K 2K8
Telephone: (519)370-2200
Fax: (519)370-2110
Toll Free: 1-877-832-1435
Website: www.gblegalclinic.com

disability, government pensions, landlord tenant, employment standards, health and consumer and debt, among others. We do not provide services for family or criminal law matters.

Full representation can only be provided to those clients who meet our income and asset restrictions, however those restrictions do not apply for our summary advice and brief services, which are available to anyone who calls in. No referral is needed to access our services. New clients should call ahead to make an appointment in Owen Sound or in a satellite location, or alternatively, call or drop in between 9:00 and 11:00 on any weekday morning at our Owen Sound office.

Grey Bruce Community Legal Clinic

Grey-Bruce Community Legal Clinic provides vulnerable and/or low income residents with access to justice through: legal representation, summary advice, public legal education, community development, law reform.

Address: 945 3rd Ave East
Suite 2
Owen Sound, ON
N4K 5K8
Telephone: (519) 370-2200
Toll free: (877)-832-1435

Grey Bruce Health Service, Dual Diagnosis Program

Adult Mental Health Service (16 and up), serves people with a Developmental Disability & Mental Health Need.

If a developmental disability has not been confirmed we can help by making referrals for testing; or for other services.

We can help people navigate the mental health system and provide information on various mental health questions or concerns

No formal referral required

Address: 1800 8th Street East,
Owen Sound
Telephone: 519-376-2121 x2486
Fax: 519-372-4060
Email: Dcutting@gbhs.on.ca
Contact Person: Dianna Cutting

Grey Bruce Health Unit

With the community as our partner, we work to prevent disease and provide leadership in health protection and promotion. Good health requires positive influences and choices at all ages and stages of life, from preconception to the senior years.

Public health encourages good health through the following programs:

Cancer - Prevention and early detection of lung, breast, skin, cervical and other cancers

Communicable and Infectious Diseases - Disease, infection and outbreak control including Vector Borne Diseases

Dental Services - Dental hygiene, dental screening, the

Contact Information

Address: Grey Bruce Health Unit
101 17th St E. Owen Sound, ON
N4K 0A5
Telephone: 519-376-9420 x 1436
Fax: 519-376-1287
Toll Free: 1-800-263-3456
Website:
www.publichealthgreybruce.on.ca

provincial treatment programs (CINOT) for children in need and Healthy Smiles Ontario (HSO)

Family Health - Information on planning a pregnancy, pregnancy, parenting children and teens, and adult issues

Falls Prevention – Falls prevention in older adults

Food Safety - Food borne illness, food handler training and information, control measures including facility inspections

Health Hazard Investigation - Air quality, biological, physical and chemical health hazards

Healthy Communities - Partnering with communities to improve health

Heart Health - Reducing your risk of heart disease

Immunization - Vaccinations and information for all recommended immunizations for adults and children

Injury Prevention - Primarily related to alcohol and drugs, including prescription and over-the-counter drugs; prevention of domestic violence

Nutrition - Information on healthy eating for all ages

Physical Activity - Improving physical well being and supporting active living

Pre-school speech and language - Assessments and a range of treatment services to children and their families at no cost and does not require a doctor's referral

Rabies Control - Reporting, prevention, treatment

Safe Water Testing - well water testing, assessing/correcting bacterial problems, water treatment, pools, spas, and bathing beaches

Sewage Disposal Systems - Inspection of installations, operation and care instruction for sewage systems

Sexual Health - Birth control, clinical services, sexually transmitted infections and AIDS prevention, pregnancy testing, sexual counselling

Tobacco and Health - Health effects and addiction, Tobacco Control Act, Smoke-Free Ontario, cessation support

Traveller Information – Vaccination information when travelling to other countries

Healthy Babies Healthy Children Program

Referrals from Age 0-6yrs.

High risk home visiting by a Public Health Nurse and Parent Support Worker

Area of coverage south and north Bruce Peninsula

Contact Person:

Marilyn Lemon RN (EC) BScN
Public Health Nurse

Email:

m.lemon@publichealthgreybruce.on.ca

Grey County Social Services (GCSS)

Ontario Works (OW)

- a program to help people in temporary financial need find sustainable employment and achieve self-reliance through the provision of effective, integrated employment services and financial assistance.
- 16 years of age and up

Children's Services including Child Care Fee Subsidy and the Private Home Child program

- Depending on circumstances, a referral from physician of Bruce Grey Child & Family Services maybe required for child care subsidy.
- Offers accessible, affordable and quality childcare services within the County of Grey
- Direct delivery of a Home Child Care program where children are cared for in a home setting.

GCSS also provides limited assistance with the cost of homecare services and OW Discretionary Benefits for recipients of the Ontario Disability Support Program (ODSP). The Sustainable Housing Benefit is jointly delivered with the Grey County Housing Dept.

OW Satellite offices are located in Durham (Rockwood Terrace), Markdale (Grey Gables) and Hanover – 425 10th Street.

Address: 595 9th Avenue East
Owen Sound N4K 5N8

Telephone: 519-376-7112

OW Fax: 519-376-4920

Children's Services Fax: 519-376-5640

Toll Free: 1-800-265-3119

Website: www.grey.ca

Email:

socialservices.admin@grey.ca

Contact Person:

Barb Fedy – Director of Social Services

Wendy Henderson – Ontario Works Manager

Marcia Smith – Ontario Works Manager

Debbie Pegelo – Ontario Works Manager

Melissa McCulloch – Ontario Works Manager

Kathryn MacMurdo – Children's Services Manager

The Healthline

www.thehealthline.ca

thehealthline.ca is a directory that puts health and community services at the fingertips of people across Ontario

Hope Grey Bruce

Hope Grey Bruce Mental Health and Addictions Services is a non-profit charitable organization which currently operates two addiction programs and seven community mental health programs.

The addiction programs serve youth (Choices) and adults (New Directions) who have concerns about alcohol, drugs or gambling. Services are confidential and include assessment, referral to treatment programs, individual counselling and

Website: <http://hopegb.org/>

Address: 1101 2nd Avenue East,
Suite 207

Owen Sound, Ontario N4K 2J1

New Directions Telephone:
(519) 371-1232

Choices: 519 371-5487

Toll Free: 1-800-265-3133

presentations/consultations within the Grey-Bruce community.

<http://hopegb.org/content/choices>
<http://hopegb.org/content/new-directions>

Keystone Child and Family Services

A voluntary, non-profit prevention and counseling agency, which provides free help to children, youth and families in Bruce and Grey Counties. Services include:

Help for expectant and new parents needing a little extra support, including an in home volunteer.

Help for parents of children 0-6 who feel a little stressed and would like support in their parenting role.

Extra support for those who are at risk of low birth weight babies, depression, isolation or poor nutrition through a prenatal nutrition group.

Help for those seeking individual and family counseling ages 0-17.

Risk Assessments for High Risk Children and Youth.

Specialized Counselling related to the unique needs and challenges of children and youth of Canadian Force members and Veterans.

Telepsychiatric and Paediatric Consultations.

WRAP (Working to Reinforce All Partners). The WRAP service is a joint project involving the Bluewater District School Board and the Catholic District School Board.

Birth to Senior Kindergarten Mental Health program, which may include access to specialized day care support.

Residential Crisis Assessment and Stabilization services for those youth 12+.

Community Day Treatment programs delivered in partnership with the Bluewater District School Board.

Coordinated Access For Children. Access to complex/special needs funding & access to residential treatment services outside Bruce and Grey Counties.

Passport—funds for individuals with a developmental disability who have left high school and are requiring supports.

Respite funding for children who have a diagnosis on the Autism Spectrum or who have Mental Health issues.

Address:

845 2nd Ave. E,
Owen Sound, ON
N4K 2H2

Telephone: 519-371-4773

Toll Free: 1-800 567-2384

Fax: 519-371-6397

Website:

www.keystonebrucegrey.org

Ministry of Child Youth Services (MCYS), Youth Justice, Probation Services:

Provincially mandated service directed at services for young persons who have been in conflict with the law. These youth are between the ages of 12 and 17 at the time of their offence commission(s).

Address: 1400 1st Ave West,
Suite 2, Owen Sound, ON

Telephone: 519-376-1330 ext 269

Fax: 519-376-9865

Toll Free: 1-866-275-5945

Email: rosanne.roy@ontario.ca

Contact Person: Rosanne Roy,
Probation Officer

M'Wikwedong Native Cultural Resource Centre

Serving: Aboriginal/Metis/Inuit, Isolated, Low Income, Rural/Remote, Single Parents, Teen Pregnancy/Parent, Urban

Programs and Services include: Breastfeeding, Collective food preparation and/or purchasing, Fetal Alcohol Spectrum Disorder (FASD) information and services, Father Involvement, Food/Vitamin supplements or vouchers, Literacy/language development, Nutrition consultation/education & Prenatal Nutrition, Pre/postnatal information/support, Family and social support, Transportation service

Address: 1723 8th Ave. East
Owen Sound, ONTARIO
N4K 3C2

Contact: Mary-Lynn Houston-
Leask

Telephone: (519) 371-1147

Fax: (519) 371-6181

Email: cpnp.m.wik@bmts.com

New Directions – See Hope Grey Bruce)**Regional Support Associates**

RSA offers a team-based and collaborative Bio Psycho Social approach in working with people and their support system(s) to provide the following services; Short- term direct treatment in challenging situations, Dual Diagnosis Consultation, Specialized Assessments including: Psychological, Behavioural, Cognitive, Psychiatric, Speech-Language, Swallowing, Nursing. They provide Training and Education and Dual Diagnosis Justice Case Management (DDJCM). Please note that all referrals except Dual Diagnosis Justice Case Management are made through Developmental Services Ontario (DSO). Referrals to the DDJCM can be made through 1.800.640.4108.

Enhanced Specialized Services

Address: 911 Yonge St.,
Walkerton On N0G 2V0
Telephone: 519.881.0922
Fax: 1.519.421.4249
Toll Free: 1.800.640.4108 ext.
2212

Website:

www.regionalsupport.on.ca

Email: jjoyes@wgh.on.ca

Contact Person: Jayne Joyes,
Senior Administrative Assistant

Has been developed to provide intensive clinical support, assessment and short term treatment, for individuals who are experiencing significant challenging behaviours and/or mental health concerns. Specially trained support staff will work with the individual's support group under the clinical supervision of Regional Support Associates, will assist in implementing behavioural strategies, gather data, model intervention techniques for caregivers and reinforce a holistic team approach to support. This is not a crisis service, but part of a continuum of preventative community service that can provide support on an urgent basis. "Urgent service" means when the situation is stable but the person and their supports need clinical assistance as soon as possible to prevent the person and situation from becoming a crisis state. Enhanced Specialized Services flows from RSA clinical involvement. If you are not connected to RSA as an active case, you will need to be referred through the DSO for RSA support. Contact Regional Support Associates at 1-800-640-4108.

Interim Enhanced Community Response (IECR):

The SWR Interim Enhanced Community Response (IECR) mechanism is a program designed to support collaboration among service providers and the broader community service systems, to address the specific unexpected, urgent needs of persons who may have exhausted other supports available to them. Persons, families, agencies and others in a person's support network are encouraged to provide information to the DSO with respect to the person's unexpected change in support needs. The DSO will attempt to match the person to existing, available and appropriate resources. If an appropriate resource is not available, and the person may benefit from a short term response, the DSO may refer the person to the IECR mechanism. Local IECR networks in each community will utilize enhanced problem solving to explore options to meet the person's specific, urgent, short term need.

South Grey Team

People aged 16 years and older are eligible for services. Our main focus is to assist people with serious mental illness (i.e. schizophrenia, bi-polar disorder, depression, etc.) and their families, and people with acute mental health needs (i.e. those in crisis and/or at risk of self-harm or hospitalization). Adults with other mental health issues will be prioritized according to urgency. We also provide service to female survivors of sexual abuse and/or childhood sexual abuse.

Address: Lennox Court Building
27 Main Street West
Markdale, Ontario N0C 1H0
Telephone: (519) 986-3030
Fax: (519) 986-2416
Website:
<http://hopegb.org/content/south-grey-team>

Southern Network of Specialized Care (SNSC)

A way of linking specialized services and professionals to pool their expertise to treat and support adults who have developmental disabilities and mental health needs and/or challenging behaviours (i.e. dual diagnosis) in the communities where they live.

The Networks bring together people from a variety of sectors including developmental services, health, research, education and justice with a common goal of improving the coordination, access and quality of services for these individuals who have complex needs.

Provincially, the Networks collaborate in the following areas in an effort to increase community capacity to support individuals with complex needs:

- | | | |
|----------------------------------|-------------------------------|---|
| ▶ <u>Education</u> | ▶ <u>Health Care Capacity</u> | ▶ |
| ▶ <u>Research and Evaluation</u> | ▶ <u>Specialized Services</u> | ▶ |
| ▶ <u>Videoconferencing</u> | | |
- The clinical provider who hosts the Network in this area is **Regional Support Associates**.

Address: 911 Yonge St., Box 310,
Walkerton, Ontario N0G 1L0

Telephone: 519.881.0922 ext.
2405

Fax: 519.881.1206

Toll Free: 1.800.640.4108

Website:
www.community-networks.ca

Email: llegge@wgh.on.ca

Contact Person: Lynda Legge
(Facilitator)

Southwest Ontario Aboriginal Health Access Centre Grey-Bruce/Owen Sound Site

S.O.A.H.A.C.

We strive to provide quality, wholistic health services by sharing and promoting traditional and western health practices to enable people to live in a more balanced state of well-being. The Centre services on and off reserve, status, non-status, and Metis Aboriginal populations of the Southwest Ontario region and associate First Nations with the mandate of ensuring that health services are accessible, of high quality and culturally appropriate

PROGRAMS: Primary Health Care, Traditional Healing, Mental Health, Diabetes Education, Nutrition and Healthy Lifestyles, Maternal and Child Health, S.A.S.H: Supporting Aboriginal Seniors at Home

Address: 1025 2nd Avenue West
Owen Sound, Ontario
N4K 4N1

Phone: 519.376.5508

Fax: 519.376.1845

The Women's Centre

Provides 24/7 emergency shelter for women and children who have experienced violence, crisis line, second stage housing, transitional support, counselling, group work, life skills, child and youth, public education and volunteer services including transportation.

Telephone Number: 519-371-1600

Toll Free: 1-800-265-3722

Fax: 519-376-3026

Women's House Serving Bruce and Grey**MISSION**

Women's House will provide many services, within supportive environments, to women 16 years of age and older, and their children, who have or are experiencing abuse, sexual violence and homelessness. We base our work from a feminist, anti-racist, anti-oppression framework that embraces diversity, inclusiveness and equity. Our commitment is to social change through education and advocacy in order to achieve social justice for all women.

Business Line: 519.396.9814

Support Line: 519.396.9655

Toll Free: 1.800.265.3026

24hr Sexual Assault Services
1.866.578.5566

FA/ND Dictionary

Aberrant	Wandering or deviating from the normal or usual course
Acetaldehyde	Compound formed when the body metabolizes alcohol (ethanol)
Activities of Daily Living	Activities that are typically associated with self-help tasks such as eating, dressing, grooming, or domestic activities such as cooking and cleaning.
Accommodations (Education)	Providing support so the student can complete curriculum successfully ie. providing a scribe, additional time to complete activities etc. This is different from modifications in that accommodations do not change the curriculum.
Adaptive Behaviour	The individual's ability to adjust to and apply skills to new situations (ie. environments, tasks, objects, people).
Adaptive Intelligence	Day to day functioning and meeting of social expectations. Adaptive Quotient (AQ) often provides a more useful indication of FA/ND than Intelligence Quotient (IQ).
Adipose	Accumulated fat
Advocate	Someone who takes action to help someone else; also, to take action on someone else's behalf.
ARBD (Alcohol Related Birth Defects)	Congenital anomalies, including malformations and dysplasia in which there was a history of prenatal alcohol exposure
ARND (Alcohol Related Neuro-developmental Disorder)	A spectrum of alcohol-affected prenatal brain damage, <i>without</i> facial features, <i>without</i> specific growth features.
Alternative/ Augmentative Communication	Any approach used to support, enhance, or supplement the communication of those who are unable to communicate verbally in all situations. This can include low-tech systems (e.g. sign language or pictures) or high-tech systems (e.g. voice output devices).
Anomalies	Differences from the normal, especially a result of congenital (dating from birth) or hereditary defects
Anoxia	A condition characterized by an absence of oxygen supply to an organ or a tissue (e.g. during birth when umbilical cord is wrapped around the neck)
Apraxia	The ability to understand spoken language and sometimes written text, but the inability to speak. The lack of praxis or motor planning. When seen in children, this is a sensory-integrative dysfunction that interferes with planning and executing unfamiliar tasks.

Assessment	<p>A collecting and bringing together of information about a child's needs. May include: social, psychological, or educational evaluations to determine services</p> <p>A process using observation, testing and test analysis to determine an individual's strengths and weaknesses in order to plan service.</p>
Atrial/Ventricular Defects	Defects in the heart's chambers. The upper two chambers of the heart are called the atria, the bottom two the ventricles.
Auditory	<p>Pertaining to the sense of hearing.</p> <p>Auditory processing difficulties involve difficulties in recognizing and interpreting sounds, especially the sounds composing speech.</p>
Behaviour	Observable actions and responses to thing in the environment. These actions and responses are also influenced by internal factors such as understanding, feelings, and emotions.
Best Practices	Strategies, activities, or approaches that have been shown through experience, research and evaluation (proven) to lead reliably to a desired result or outcome. Also known as Effective Practices, Evidence-Based Practice and Outcome-Based Practice.
Brain Domains	Ten measurable categories of brain functions, or domains, that produce outward, observable behaviours. See page: 9
Case Manager	Person who coordinates the services and professionals in your child's life.
Child and Youth Worker (CYW)	Person who has unique training focused on children and youth including behaviour, emotion, mental health, development, environment and therapeutic relationships.
Co-existing Disorders	Other disorders that may exist along with FA/ND. These include impulse-control disorders, psychoses, obsessive-compulsive disorder, seizures, mood and anxiety disorders, and developmental delays. Also called co-morbid disorders or differential diagnosis.
Cognitive	<p>The process people use for remembering, understanding, and using judgment.</p> <p>In special education terms, a cognitive disability refers to a disability in learning.</p>
Communication	<p>An interactive process that conveys information and ideas from one person to another.</p> <p>A social skill that has the potential for influencing others and gaining some control over one's environment.</p>

Concrete Thinking	Mental processes characterized by literalness and the tendency to be bound to immediate sense impressions, as well as by a lack of generalization and abstraction.
Confabulation	<p>The creation of false memories, perceptions or beliefs, often as a result of neurological or psychological dysfunction.</p> <p>May result from mistaking a guess or imagining for an actual memory or from the confused application of true memories.</p>
Congenital	Existing at or dating from birth.
Consequence	<p>Something that occurs as a direct result of action or effort.</p> <p>Can be pleasant and reinforcing or unpleasant and punishing.</p>
Developmentally Delayed	A term used to describe the development of children who are not able to perform the skills other children of the same age are usually able to perform.
Developmental Dysmaturity	<p>With FA/ND - refers to the gaps between the person's chronological and developmental age in different brain domains</p> <p>- need not include cognitive delays or lowered I.Q.</p>
Developmental Pediatrician	A doctor who specializes in childhood illnesses and disorders. Referrals can be made through family physicians.
DSM-IV Diagnostic and Statistical Manual, 4th Edition	The guide used by clinicians in "measuring" developmental disorders. For each diagnosis in the DSM-IV there are certain characteristics or features that must be present.
Direct Therapy/ Service	Therapy/ service provided when a worker interacts directly with the individual.
Dyspraxia	<p>Difficulty with smooth, coordinated voluntary movements involved in speech.</p> <p>Poor praxis or motor planning.</p> <p>A less severe but more common dysfunction than apraxia.</p>
Early Childhood Educator (ECE)	An educator trained in child development with a focus on preschool years - creates programs to help young children develop age-appropriate skills in schools, pre-schools, child-care centres.
Early Childhood Resource Consultant	<p>Support for children (parents and child-care staff) up to age six who have more than one area of developmental difficulty.</p> <p>Assess child's skills and needs, connect with services and resources, coach child care-staff in planning and developing program.</p>
Educational Assistant (EA)	Person who helps support children with special needs in the school setting, under the supervision of the classroom teacher.

Emotional Regulation	<p>The ability to manage one's emotions, including internal feelings and physiological, cognitive and behavioural responses to them.</p> <p>Recognizing, enhancing or reducing emotions as needed.</p>
Epidemiology	<p>Study of the incidence of a disease in a population and factors that influence it, goals of these studies is to find ways to prevent the disease.</p>
Ethanol	<p>The type of alcohol found in wine, beer and hard liquor</p>
Executive Function	<p>Describes the collection of brain processes responsible for conscious control of behaviour. These include decision making and follow through, cognitive flexibility, abstract thinking, rule acquisition, emotional regulation, initiating appropriate actions and inhibiting inappropriate actions, and selecting relevant sensory information.</p>
Expressive Language	<p>The language that an individual uses to communicate with others.</p> <p>May also refer to gestures, signing, communication through pictures and objects, or writing.</p> <p>Oral expressive language refers to a person's ability to express thoughts, feelings, and desires through oral speech.</p>
Facial Dysmorphism	<p>Three distinctive features of the face, necessary to meet criteria for FAS (smooth philtrum, thin upper lip, small palpebral fissure).</p> <p>Other features may also be present, such as an underdeveloped upper jaw, or flat mid-face.</p>
FAS (Fetal Alcohol Syndrome)	<p>A spectrum of alcohol-affected, prenatal brain damage with three specific facial features <u>and</u> specific growth features.</p>
FASD (Fetal Alcohol Spectrum Disorders)	<p>An "umbrella" term encompassing the entire spectrum of effects, including FAS. FASD is descriptive, not diagnostic.</p>
Fetus	<p>Unborn offspring in the post-embryonic period after major structures have been outlined, from the 7th or 8th week after fertilization until birth.</p>
Fine Motor Skills	<p>Activities requiring the coordination of the smaller muscles of the body, especially those of the hand.</p>
Functional Behaviour Assessment	<p>A method of evaluating behaviours of an individual by carefully observing what happens before and after the behaviour occurs.</p> <p>Examines specific behaviours in terms of the purpose of the behaviour and the functions the behavior are serving for the individual.</p>
Functions of Communication	<p>The purpose or reasons to communicate – ie. to request, protest, or comment.</p>

Generalize / Generalization	<p>Term used to describe the ability to learn a skill in one situation and be able to apply it flexibly to other similar but different situations.</p> <p>“Over-generalize” refers to the tendency of those with FA/ND to use a skill in all settings just as it was taught, without modifications that reflect differences in a situation.</p>
Gestation	The period of development from the time of fertilization of the ovum until birth.
Gross Motor Skills	Activities using one’s larger muscle groups, such as sitting, walking, and jumping.
Intervention	Actions that parents and service providers agree to take in order to help a child grow to his or her potential. Also called “treatment”
Identification	<p>The process of detecting which children in our community might be affected by FASD.</p> <p>Specific screening and assessment tools are used to help confirm whether a child has FASD or another disorder.</p>
Intake	The process of gathering information to help inform others that you have a concern about your child’s development.
Kinesthetic or Tactile Learning	A style of learning characterized by moving and doing, by carrying out physical activities, rather than primarily by looking, listening or reading and writing.
Language	A system of communication that everyone understands including gestures, pointing, written and spoken words.
Learning Theory	Refers to a set of beliefs about how people learn, and includes assumptions about basic brain function (memory storage and retrieval, forming associations, abstracting and others). It does not appear to encompass brain differences associated with FA/ND.
Modifications	<p>Changes to curriculum, the support system, the environment or teaching strategies to match individual needs (strengths and deficits).</p> <p>Adaptations ensure that the student can participate actively and as independently as possible.</p>
Motor Planning	The ability of the brain to conceive of, organize and carry out a sequence of unfamiliar actions. Also known as “praxis”
Multidisciplinary	A team approach involving specialists from more than one discipline ie., a team made up of an occupational therapist, speech-language pathologist, social worker, developmental pediatrician and other specialists as needed.

Neurobehavioural	Having to do with the way the brain affects emotion, behaviour, and learning.
Neurologist	A physician who diagnoses and treats disorders of the nervous system. This includes diseases of the brain, spinal cord, nerves and muscles.
Papebral Fissure	The opening between the eyelids. One of the three facial features that discriminate individuals with or without FAS. See pg 9
Perseveration	A tendency to repeat or continue a particular response, such as a phrase or activity, despite the absence or cessation of the original stimulus, usually caused by a neurological disorder.
pFAS	Partial Fetal Alcohol Syndrome. A spectrum of alcohol-affected, prenatal brain damage with some of the facial features, <u>but without</u> specific growth features.
Philtrum	The depression in the flesh extending vertically from the nose to upper lip. The smoothness of the philtrum and the thinness of the upper lip are assessed, as they are one of the three facial features that discriminate individuals with or without FAS.
Placenta	Organ surrounding the fetus during pregnancy which joins the other and fetus and supports growth and development during gestation.
Postnatal	After birth
Pragmatics	The practical aspect of using language to communicate in natural context. It includes rules about eye contact between speaker and listener, how close to stand, taking turns, selecting topics of conversation and other requirements to ensure that satisfactory communication occurs. Many of the rules have a cultural base.
Prenatal	Before birth
Prompt	A form of assistance or cue that is given to help someone complete a task. Prompts can be physical, gestural, verbal and/or visual.
Pronoun Reversal	Switching of pronouns such as “I” or “me” with “you” or “them”. I.e., “you want a cookie” when child actually means “I want a cookie”
Receptive Language	The ability to understand what is being said, signed, or read
Reinforcement	A pleasant event that occurs immediately as a direct result of an action and that increases the strength of the action or the likelihood that the action will be repeated.
Respite Care	Opportunities for the primary caregivers (parents) to get temporary breaks from the demands of caring for a person with

	severe disabilities.
Screening	Brief assessments designed to identify children who may need a more comprehensive evaluation.
Sensory Processing Disorder	Over and under sensitivity to sensory stimuli, including touch, visual, auditory, taste, smell, pain, and temperature.
Social Interaction	The process through which individuals act in relation to one another.
Social Skills	Positive, appropriate social behaviours that are generally considered necessary to communicate and interact with others.
Standard Deviations	Statistic indicating how spread out or tightly clustered figures are around the average (or mean) in a set of data.
Stereotopy	Self-initiated, repetitive movements performed (presumably) to relieve stress (ie. rocking, flapping, spinning, finger-flicking etc.)
Symptoms	The signs that a disorder is present.
Syndrome	A condition characterized by a group of co-occurring symptoms that have a specific effect on a group of individuals.
T.B.I	Traumatic Brain Injury
Teratogen	An agent or factor which may cause abnormalities of development or differentiation in an embryo or fetus.
Toxemia	Metabolic disturbances in pregnancy characterized by hypertension (high blood pressure) and edema (swelling or fluid retention).
Toxin	Poisonous substance
Transition Cue	A verbal or visual cue that serves as a reminder of the targeted task.
Transitions	Changes from one environment to another, such as from an early childhood program to school. Changes from one activity to another. Typically very difficult for a child with FA/ND.
Visual Adaptations/ Supports	Written schedules, lists, charts, picture sequences and other visuals that convey meaningful information in a permanent format for later reference. Allows for individuals to function more independently without constant verbal direction.
Visual Schedule	A group of pictures or objects showing the order of event or activities.

Add your own:

Acronyms and Short Forms

Acronym	Meaning
ABA	Applied Behaviour Analysis
ACS	Augmentative Communication System
ACTT	Assertive Community Treatment Team
ACSD	Assistance for Children with Severe Disabilities
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
ADP	Assisted Devices Program
AIR	Access Information and Referral
APSW	Adult Protective Service Worker
ASD	Autism Spectrum Disorder
BGCDSB	Bruce Grey Catholic District School Board
BGCFS	Bruce Grey Child and Family Services
BPCL	Bruce Peninsula Community Living (Wiarton)
BPS	Biopsychosocial
BWDSB	Bluewater District School Board
BWYAS	Bluewater Youth & Adult Services Ltd.
CAMH	Centre for Addiction and Mental Health (Toronto-across the province)
CAFS	Child and Family Services
CBT	Cognitive Behavioural Therapy
CCAC	Community Care Access Centre
CDA	Communication Disorders Assistant
CLH	Community Living Hanover
CLK	Community Living Kincardine
CLM	Community Living Meaford
CLO	Community Living Ontario
CLOSD	Community Living Owen Sound and District
CLWD	Community Living Walkerton and District
CM	Case Manager
CMHA	Canadian Mental Health Association
CNSC	Community Networks of Specialized Care
CPRI	Child and Parent Resource Institute
CYW	Child Youth Worker
CSCN	Community Services Coordination Network
DBT	Dialectical Behaviour Therapy
DD	Developmental Disability

DDJCM	Dual Diagnosis Justice Case Manager
DDx	Dual Diagnosis
DHOH	Deaf and Hard of Hearing
DSO	Developmental Service Ontario
DSW	Developmental Service Worker
EA	Educational Assistant
ECE	Early Childhood Educator
ECR	Enhanced Community Response
ESS	Enhanced Specialized Services
FACS	Family and Children's Services
FA/ND	Fetal Alcohol Neuro-developmental Disorder
FASD	Fetal Alcohol Spectrum Disorder
FCSS	Family Counseling and Support Service
FHP	Family Home Program
FHT	Family Health Team
FSW	Family Support Worker
G/B	Grey Bruce
GBHS	Grey Bruce Health Services
HARC	HARC Inc A Community Living Agency- Now Community Living Hanover
HCF	Health Care Facilitator
HSJCC	Human Services and Justice Coordinating Council
ICM	Intensive Case Management
ID	Intellectual Disability
IEP	Individual Education Plan
IPP	Individual Plan Program
IPRC	Identification and Placement Review Committee
JK	Junior Kindergarten
LSDN	Local Service Delivery Network
MCSS	Ministry of Community and Social Services
MCYS	Ministry of Children and Youth Services
MH&A	Mental Health and Addictions
MOHLTC	Ministry of Health and Long Term Care
NADD	National Association of Dual Diagnosis
NP	Nurse Practitioner
OADD	Ontario Association of Dual Diagnosis
OASIS	Ontario Agencies Supporting Individuals with Special Needs
OCD	Obsessive Compulsive Disorder
ODSP	Ontario Disability Support Program
OPADD	Ontario Partnership on Aging Developmental Disabilities

OPP	Ontario Provincial Police
OSR	Ontario Student Record
OT	Occupational Therapy
OW	Ontario Works
PG&T	Public Guardian and Trustee
PHN	Public Health Nurse
POA	Power of Attorney
PT	Physiotherapy
QAM	Quality Assurance Measures
RFP	Request for Proposal
RSA	Regional Support Associates
RT	Resource Teacher
SDM	Substitute Decision Maker
SEAC	Special Education Advisory Committee
SEGSS	South East Grey Support Services
SERT	Special Education Resource Teacher
SIL	Supported Independent Living
SIS	Supports Intensity Scale
SK	Senior Kindergarten
SLP	Speech and Language Pathology
SNSC	Southern Network of Specialized Care
SNSC AC	Advisory Committee
SPD	Sensory Processing Disorder
SSAH	Special Services at Home
SSRT	Student Success Resource Teacher
SW	Social Work
TAY	Transitional Age Youth
TIP	Training in Partnership
TPA	Transfer Payment Agency
TVCS	Thames Valley Children's Services
V/C	Video Conference
YOA	Young Offenders Act

Additional Resources

Websites

www.fasbookshelf.com

www.fasdjustice.ca

www.fasdontario.ca

www.faslink.org

www.canfasd.ca

www.motherisk.org

www.fasdmanitoba.com/research.htm

www.fasd.alberta.ca

www.skfasnetwork.ca

<http://www.ihe.ca/news-events/news/consensus-statement-on-legal-issues-of-fetal-alcohol-spectrum-disorder-fasd-available-/>

www.fasalaska.com

www.facets.org

www.davidboulding.com

www.thehealthline.ca

www.fasdconnections.ca

Books

Braided Cord: Tough Times in and Out Author Jodee Kulp

Fetal Alcohol Syndrome - A guide for Families and Communities Author Ann Streissguth

Fantastic Antone Grows Up Edited by Judith Kleinfeld with Barbara Morse and Siobhan Wescott

Fantastic Antone Succeeds!!! Edited by Judith Kleinfeld and Siobhan Wescott

Trying Differently: A Guide for Daily Living and Working with FAS and Other Brain Differences Author Debbie Trudeau (ed.) and the Fetal Alcohol Syndrome Society Yukon

DVD

"Picture" This: Life as a parent of children with Fetal Alcohol Spectrum Disorder copyright 2008 Healthy Generations Family support Program, Sioux Lookout, ON

Youtube

Morgan Fawcett on Living with FASD <http://www.youtube.com/watch?v=K0VrkLQfkFg>