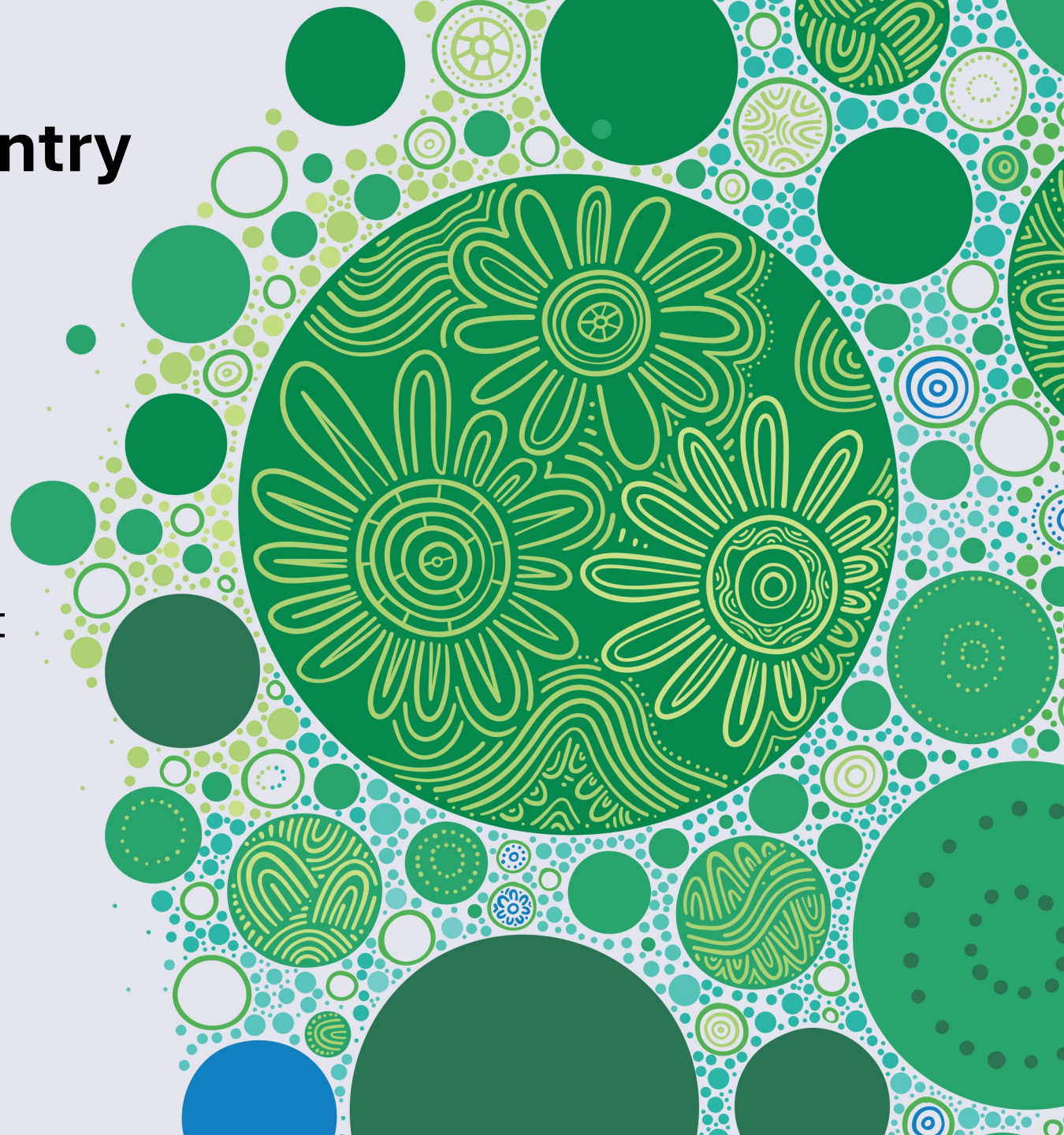


Acknowledgement of Country

We acknowledge the Whadjuk people of the Noongar Nation as the Traditional Custodians of the land (Walyalup) on which we meet today.

We honour all past and present Elders as the care takers of the memories, culture and dreams of Aboriginal and Torres Strait Islander people. We recognise this knowledge has preserved land, sea and sky for millennia.

We know the people of this Country already hold great wisdom for responding to alcohol, other drugs and mental wellbeing issues.





Mental Health
Commission



Boosting FASD prevention by linking capacity building and community action

Dionne Aitken and Louise Watson
FASDprevention@MHC.wa.gov.au

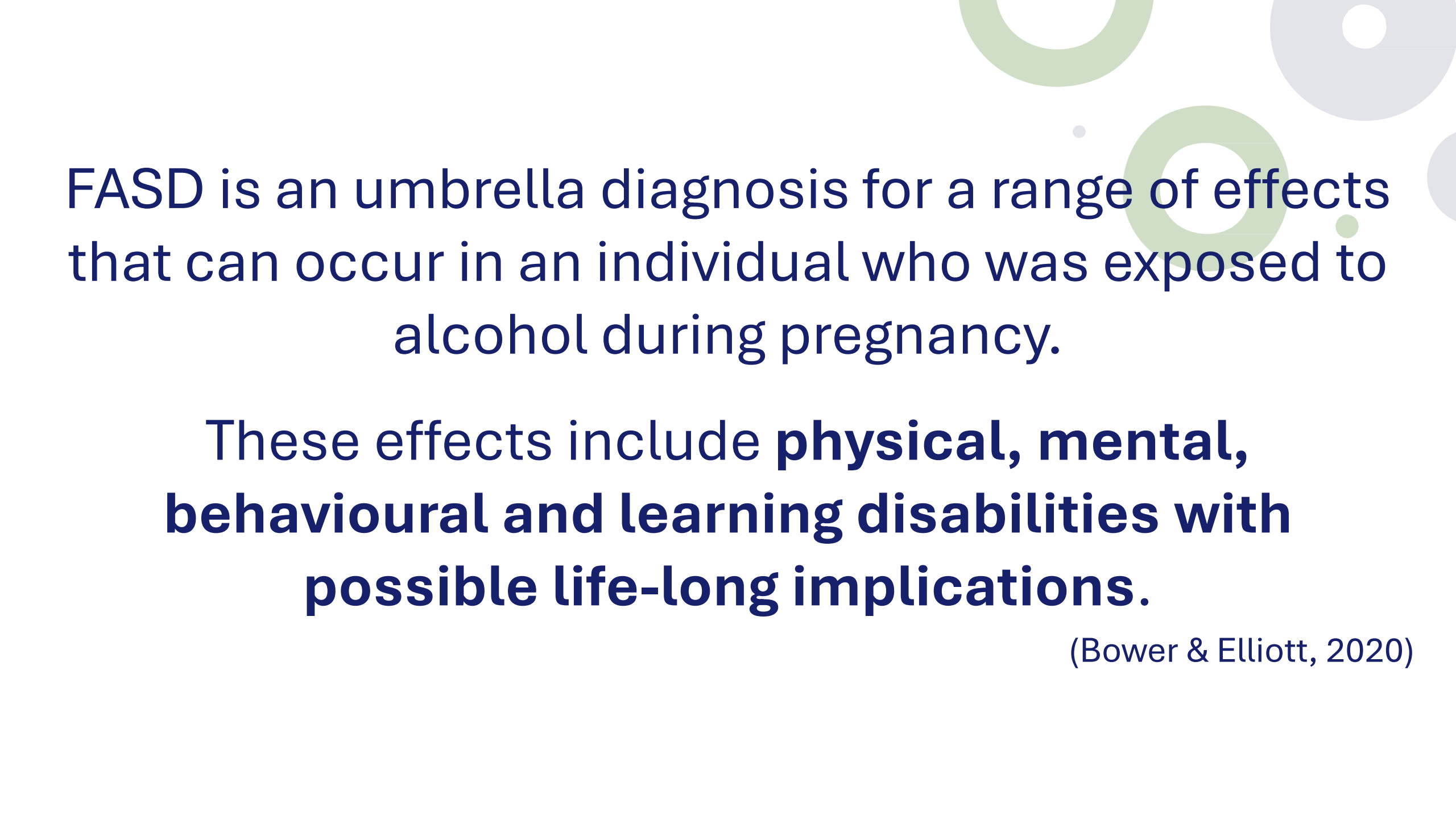


Recognition of lived experience

We recognise the individual and collective expertise of those with living and lived experience of Fetal Alcohol Spectrum Disorder (FASD), mental health, alcohol and other drug issues and suicidal crisis, including their families and significant others.

These issues can contribute to reasons why alcohol use occurs during pregnancy; making prevention a very complex issue.



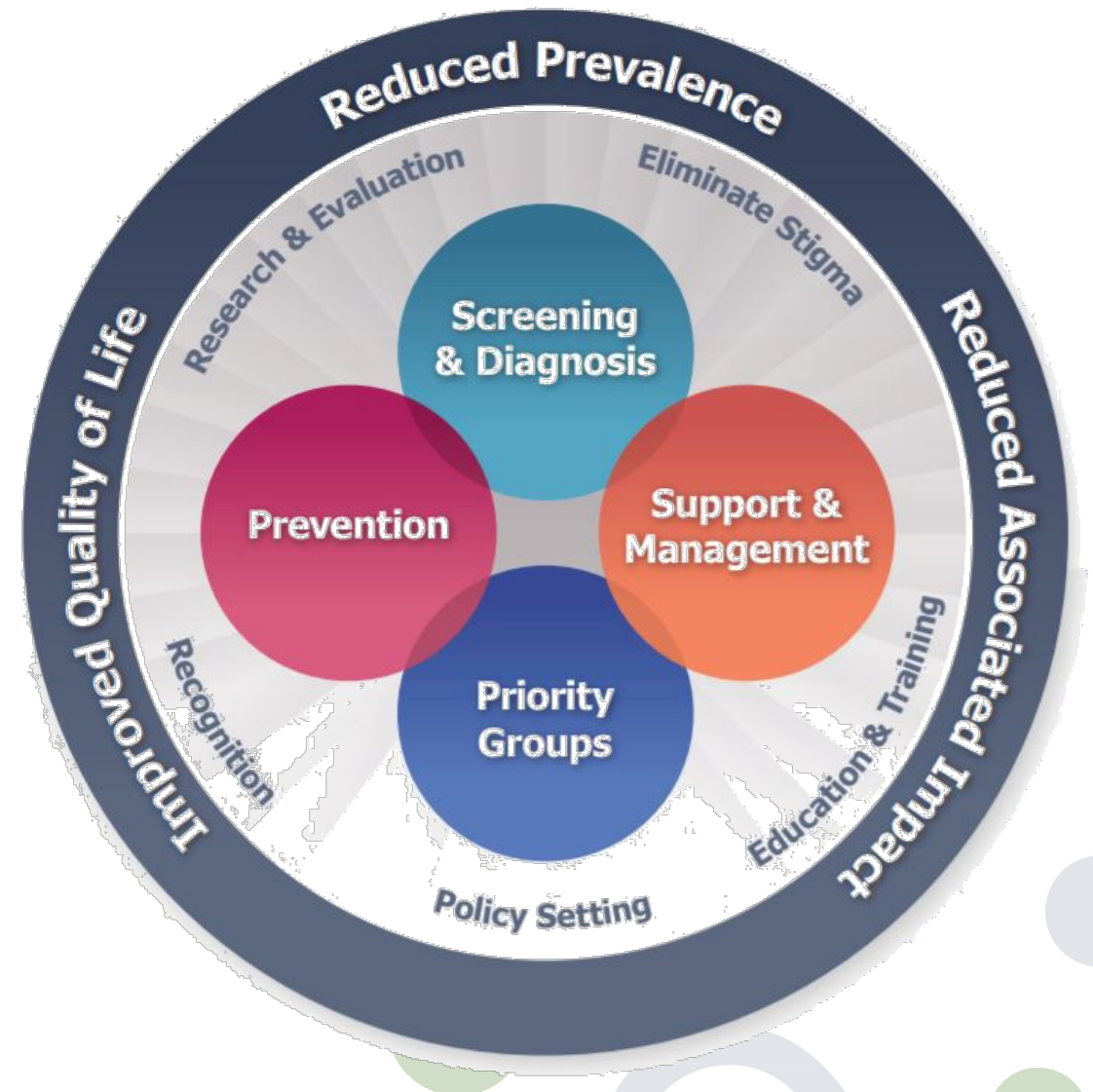
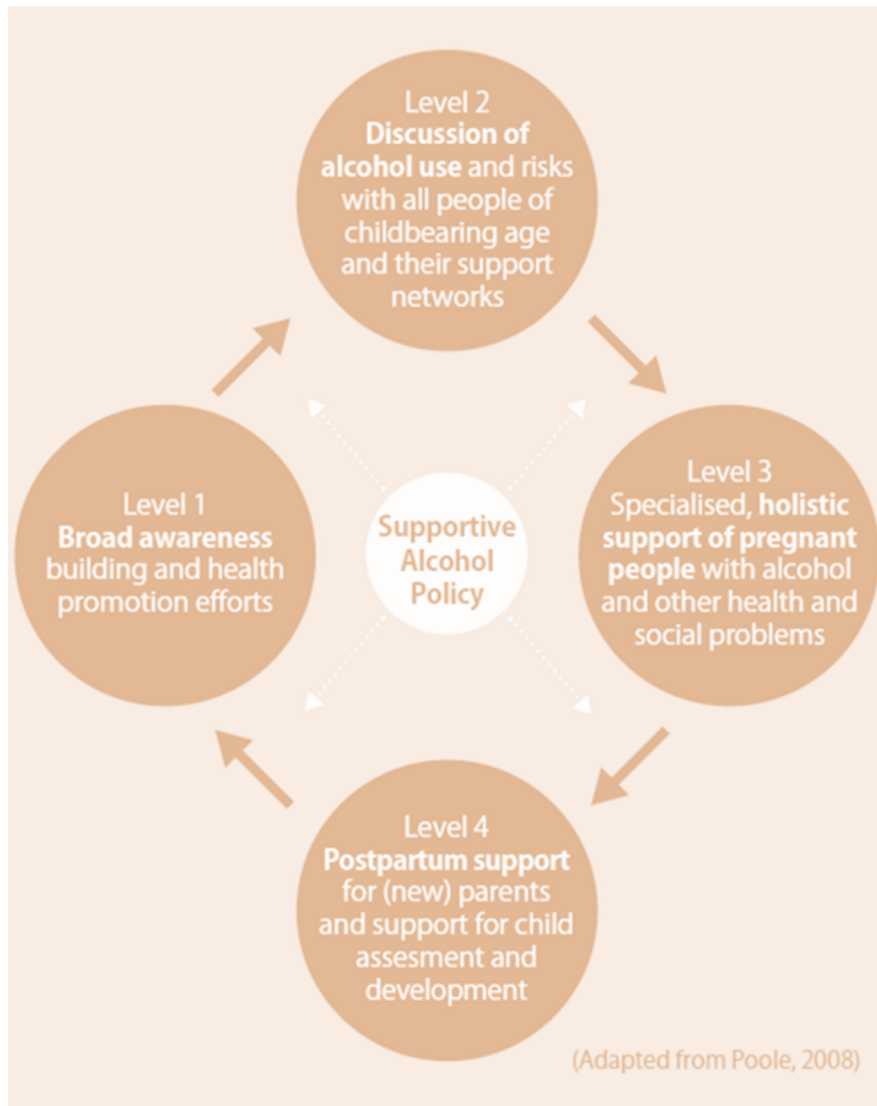


FASD is an umbrella diagnosis for a range of effects that can occur in an individual who was exposed to alcohol during pregnancy.

These effects include **physical, mental, behavioural and learning disabilities with possible life-long implications.**

(Bower & Elliott, 2020)

FASD prevention models



Linking capacity building to community action

1. Capacity building

- Increase workforce knowledge of FASD and FASD prevention
 - *FASD Prevention with Communities** one-day workshop
 - Target audience – service providers and stakeholders
 - *Valuable Conversations for reducing the impact of alcohol use during childbearing years* two-day skills training event
 - Target audience – human service and health providers
 - *Alcohol-free pregnancies and FASD prevention* two-hour webinar
 - Target audience – human service and health providers; stakeholders



Capacity building – workshop delivery



November 2023-2024:

- 130 participants
- 10 event
 - Kalgoorlie
 - Perth
 - Katanning
 - Karratha
 - Port Hedland
 - Newman
 - Fitzroy Crossing
 - Derby
 - Kununurra
 - Narrogin
- 119 evaluations

Workshop evaluation (n=119)



useful for alcohol harm
reduction in their
community/region

93%



**↑ FASD prevention
knowledge**

93%



**↑ confidence to deliver
FASD prevention**

81%



**↑ confidence to apply
for FASD prevention
funding**

82%

Information and resources to support alcohol-free pregnancies

2. Campaigns and resources - AlcoholThinkAgain (.com.au)

- **FASD Hub** (.org.au)
- **The Kids Research Institute** (thekids.org.au)
- **Australian Alcohol Guidelines** (National Health Medical Research Council, 2020)
- **Foundation for Alcohol Research and Education** (FARE.org.au)
- **National Organisation for FASD** (NOFASD.org.au)
- **Stronger Bubba Born** (.org.au)
- **Ngangk Yira - Baby Coming You Ready** (.org.au)
- **Learning from 50 years of Aboriginal Alcohol Programs** (d'Abbs & Hewlett, 2023; *Chapter 8 – Meeting the Challenge of FASD* pg. 231-270)
- **Strong Born** (National Aboriginal Community Controlled Health Organisation, NACCHO.org.au)
- **Strong Spirit Strong Future** (2010-2015, AlcoholThinkAgain.com.au)

Linking capacity building to community action

3. Community action

- Create a FASD Prevention Funding Program
 - Open to non-government organisations
 - One-off \$10K to deliver FASD prevention
- Funding program process
 - ***Application pre-requisite: completion of workshop**
 - Application/reporting submissions using MS Forms
 - Application/reporting follow-up meetings via MS Teams



Community action (2024 - 2025)

1 & 2: Hope Community Services and Anglicare, Goldfields

- Beautiful Bumps series
- Kalgoorlie
2024
 - May, August, October
- 2025
 - February
- 50 participants



3: Holyoake, Wheatbelt

- *For mum, bub and us: Family Fun Day* series
- Lower Wheatbelt 2024:
 - I. September (Pingelly)
 - II. October (Boddington)
 - III. November (Narrogin)
- Over 150 attendees

Currently in process:

4: Hope Community Services, Pilbara

- Beautiful Bumps – Karratha and Roebourne

5: Newman Women's Shelter, Pilbara

- Mums with Bubs – Newman



Reflections for the future

Capacity Building

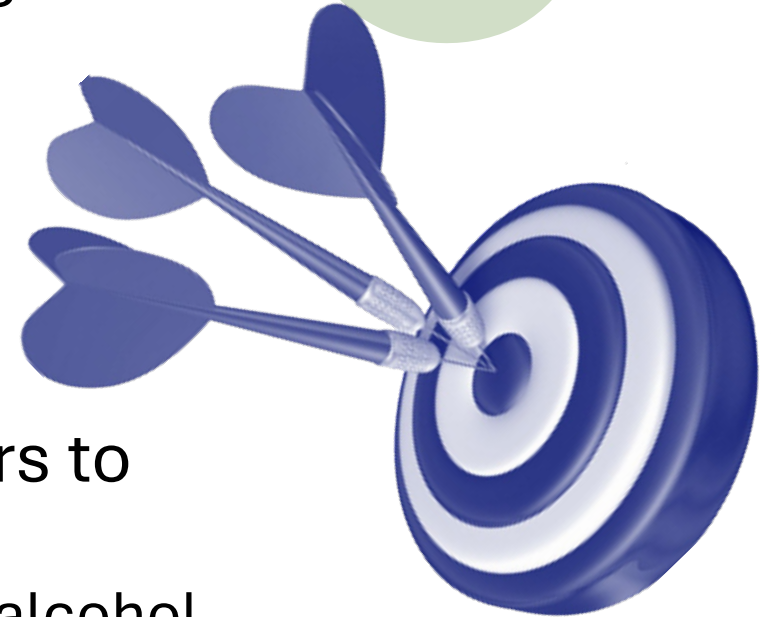
Content areas for development will include strategies to increase participant confidence above 90% for:

- delivering FASD prevention activities
- applying for a FASD prevention small grant

Community Action

Earlier engagement with AOD PCs and stakeholders to increase:

- FASD prevention as a priority for reducing the impact of alcohol use across the state (especially in wellbeing and management plans)
- participant numbers from ~12 to 15 per workshop
- funding applications to at least six per year





**Mental Health
Commission**



Thank you

This work is copyright. It may be reproduced in whole or in part for study or training purposes subject to an acknowledgement of the source and no commercial use or sale. Reproduction for purposes other than those above requires written permission of:

**Mental Health Commission PO Box X2299
Perth Business Centre WA 6847**

The information contained in the document is considered to be true and correct at the date of publication however, changes in circumstances after the time of publication may impact upon the accuracy of the data. The databases are active databases and therefore the data may change without notice. Changes may relate to a number of issues, including amendments made to the databases and variations in syntax used to perform the individual queries. The Mental Health Commission is not in any way liable for the accuracy or repeat reliability of any information.

