

Ditidaht-Vegreville Student Exchange

Sarah Williams, Ditidaht Community School

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Thank you, on behalf of our Grade 6-12 students for the generous grants totaling \$1500. Our SEVEC exchange trip to Alberta was a HUGE success in part due to your support. Our students had the time of their lives, experiencing many things that have inevitably changed them for the better. Without the generosity shown by the BCAEA, several of our students would not have been able to participate in the exchange program due to limited financial resources. The Student Activity Grant money not only enabled all of our students to participate in the two-week exchange but also demonstrated to our students that they were supported



Ditidaht students pose in front of Vegreville's giant pysanka.

From the Editor's Desk:

Occasionally I have to field complaints as the Newsletter Editor. The most recent letter I received follows:

"Dear Editor:

I am a member of the BCAEA BCTF PSA and I am MIFFED. You see, I received my copy of the fall BCAEA Newsletter and enthusiastically set out to read every single word. Imagine my horror when I got to pages 8 & 9 (the centerfold) only to discover that the "scratch and sniffs" on the Schmooze Menu page didn't even work! Not only did I wear holes in the pages of my newsletter trying to expose the aroma of the chocolate fondue, I broke a nail in the process, only to discover the smell of burning paper. What a rip off! Not only that! Imagine my further disappointment when I discovered someone had already scratched the game square on the bottom of page 8. Of course it said "Sorry." I felt like such a loser. You people really need to do something about your mailing list security. Now that I have THAT off my chest, I really am looking forward to the next issue and contest I'm sure you'll offer. I'm really good at "skill testing questions" you know. One time I actually named all seven dwarfs in the "Readers Digest" contest; Name all Members of the famous "Group of Seven". I don't know why I didn't get the prize though. Maybe they also have security problems?

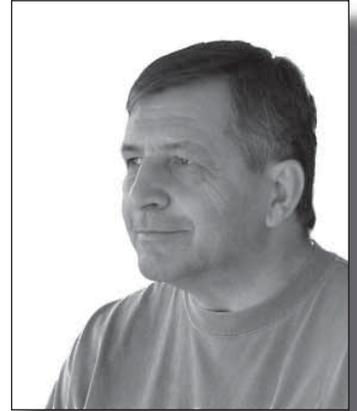
Signed, Pre-scratched & Miffed

PS Can I get an autographed photo of Constable Shelley?"



President's Message

Rick Fitch



Our BCAEA conference at the Sheraton Wall Centre in Vancouver was the best attended ever. I would like to acknowledge the work of our conference registrar, JD Duncan. JD has led the Alternate Education Association into the technical age well ahead of many other Provincial Specialist Associations. I feel that JD's work at developing an online registration process that provided immediate feedback regarding session availability greatly contributed to the high number of conference registrants. Thank you for a job well done JD!

I would like to remind BCAEA members of the March 31st deadline for receipt of applications for the numerous BCAEA awards and bursaries. Each year we provide both students and staff with a number of awards and bursaries. I encourage you to read over the following list:

Student Bursary

(Four awards of \$500 each) This bursary is available to a graduating student who is or who has been enrolled in an alternate program.

Student Achievement Award

(Four awards of \$250 each) This award is available to a student who is demonstrating responsibility for behaviour, a significant

level of self-motivation, improved self-esteem and self-confidence, mastery skills, and readiness for a new educational program or job.

Student Development Award

(Ten awards of \$100 each) This award is available to a student who is demonstrating responsibility for behaviour, a significant level of self-motivation, improved self-esteem and self-confidence, and mastery skills.

Student Activity Grant

(Four grants totaling a maximum of \$2000) This grant is available for an activity for the benefit of at-risk students who are receiving alternative programming. The March 31st deadline is not applicable for this grant, as applications may be submitted at any time during the school year.

Kathi Hughes Innovative Programming Award

(One award of \$500) This award is available to a teacher who is willing to share a unique aspect of his or her program at the annual BCAEA conference.

Application forms are available on the BCAEA website: www.bctf.ca/BCAEA. To speak with me directly, my contact information is on the last page ♦

Student Exchange

(continued from page 1)

by several organizations, including the BCAEA. Our students will benefit from the SEVEC exchange program for years to come, their self-esteem



Students demonstrate the Step Dance in Vegreville.

boosted by the variety of novel experiences that they enjoyed while touring Alberta for a week. Not only did they learn about other cultures, by visiting a Hutterite colony for lunch, and being entertained by Ukranian dancers, they were

also able to feel pride for their own culture as they shared a couple of their dances with the community of Vegreville. ♦

Sarah Williams taught in Ditidaht last year.



Ditidaht students and their Vegreville guests camping at Whyoc on the west coast of Vancouver Island.

“
Their self-esteem boosted by a variety of novel experiences
”

19th Annual Challenge and Change Conference



JD had the registration desk running smoothly.



With record attendance, the ballroom was packed.



...interesting...



...and had something for everyone.



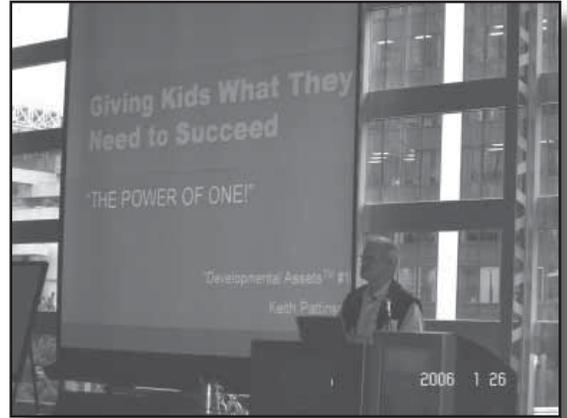
Practicing "Safe Schmoozing" is always a good idea.



Sometimes you just need a break from all the great appies.



Tod Maffin entertained us with his keynote speech.



Sessions were informative...



The publisher's displays were busy during the breaks.



Where better to schmooze than at The Schmooze?



The chocolate fountain fondue at the Schmooze was a hit.



Joyce and her kids pose after a job well done.

2006 Conference Highlights

Jim Lawson, Newsletter Editor

The BCAEA celebrated its 19th annual conference with many highlights, the most significant of which may have been the attendance record. This year, 576 delegates participated in this two-day, professionally edifying event, a new record. Tod Maffin opened the occasion with a laughter filled keynote address, telling those of us who, already can't keep up with the technological advances of the day, that its unlikely we ever will. In the end, the message was: Use the technology you can in a way that will support your teaching methods but be assured, it will never take your place.

Predictably, the sessions that we continue to offer year after year, were well attended and greatly appreciated. There is always an appetite to hear from Dr. Gordon Neufeld, tour the Downtown Eastside with Morris Bates and laugh out loud with Chris Johnson. To those of you who filled out your session evaluation cards, our thanks. Your feedback lets us know how valuable the sessions were to you and what needs to be included in next year's program.

There were some new sessions offered this year, including an informative presentation by our own Constable Shelly "Cop Talk" Arnfield on today's Designer Drugs. All of the horror stories you ever heard about crystal meth are, unfortunately, all too true. "Out and About Vancouver", the scavenger hunt session was a real hit! My how some of you are competitive. We heard about Tourette's Syndrome, Child and Youth Sexual Exploitation, FAS Youth in Trouble with the Law, and how to feed hungry kids on a budget. Of course this is a small sampling of the over 20 session topics offered this year.

At the AGM, Joyce May was elected by acclamation to the newly combined position of Secretary-Treasurer. and I was elected by acclamation as

Newsletter Editor, both of us for two year terms. At the post-conference executive meeting, Dave LaFontaine was appointed as Speaker Co-ordinator, DJ Pauls as Conference Co-ordinator, JD Duncan as Conference Registrar, and Mike Shaw as Publications Manager, all one year appointments. We wish to thank Bonny Burgess who, since June 2002, has served our executive as Secretary and more recently, as Speaker Co-ordinator. Her contribution over the last four years is greatly appreciated, and we wish her well.

We heard your frustrations around "waiting for the darn elevators" and we feel your pain. Next year, the hotel has agreed to post an elevator route schedule for our convenience. For those of you who were simply trying to get from the lobby to the 3rd floor, we'll post a sign directing you to the staircase. Although it rained again this year, I don't believe that dampened a single spirit. Thanks to those of you who used the "Help Desk." We thought you'd only be asking about directions to the breakout rooms, but the service will be expanded next year to help some of you with the counselling care you were looking for.

And of course, "The Schmooze". This feature gets better and better every year. I personally camped out at the chocolate fountain fondue until someone reminded me I had pictures to take. Be sure and look through the selection of photos from the conference to see if you recognize those folks who are part of the witness protection program or maybe just looking lost. Thanks again to Robbie McPurgavie and his accomplice JD for their fine work in collecting tips for the kids. This year, you generously contributed \$1160! On behalf of Joyce May, Maryann Cardwell and the kids, thank you for your generosity. ♦

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Help Desk
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FASlink: Fetal Alcohol Disorders Society

Bruce Ritchie, FASlink.org Moderator

An individual's place, and success, in society is almost entirely determined by neurological functioning. A neurologically injured child is unable to meet the expectations of parents, family, peers, school, career and can endure a lifetime of failures. The largest cause of neurological damage in children is prenatal exposure to alcohol. Often the neurological damage goes undiagnosed, but not unpunished.

Fetal Alcohol Spectrum Disorders, Fetal Alcohol Syndrome (FAS), Fetal Alcohol Effects (FAE), Partial Fetal Alcohol Syndrome (pFAS), Alcohol Related Neurodevelopmental Disorders (ARND), Static Encephalopathy (alcohol exposed) (SE) and Alcohol Related Birth Defects (ARBD) are all names for a spectrum of disorders caused when a pregnant woman consumes alcohol.

There are strategies that can work to help the child with an FASD compensate for some difficulties. Early diagnosis and intensive intervention and tutoring can do wonders, but the need for a supportive structure is permanent.

Legally intoxicated is defined as a Blood Alcohol Level of .08%. A 100 lb (45 kg) female consuming 5 standard drinks will reach a BAL of .25% - three times the legal limit. BAL reduces .01% per hour.

A drink equals a 12 oz. regular beer, 1 oz. shot of 100 proof liquor, 1.5 oz. shot of 80 proof liquor, or 4 oz. glass of regular table wine.

The Statistics Canada, Canadian Community Health Survey, 2000/01, found that:

- 6.8% of girls ages 12 to 14
- 19.8% of girls age 12 to 19
- 26.0% of girls ages 20 to 24
- 19.9% of girls ages 20 to 34

consumed five or more drinks on each occasion twelve or more times per year

An additional:

- 32.2% of girls ages 15 to 34
- 13.8% of girls ages 12 to 14

consumed five or more drinks on each occasion one to eleven times per year.

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CopTalk: School Liaison Officers

Cst. Shelley Arnfield, RCMP School Resource Officer, Port Alberni



Shhhh!! Don't tell anyone, but I have the best job in the RCMP. Many would argue (like everyone at my detachment), but that's okay. Call it job security. I'm a School Resource Officer and I love working in the schools.

It wasn't always that way. When I graduated from our training academy in Regina in 1987, my first posting was to Prince George. Like all other General Duty members, I was assigned to a school as a part of the School Liaison program. Over the next three years I developed an excellent relationship with my principal, visiting each September with my calendar to set up our yearly schedule of class visits and talks. If a student needed a little personal talk with the police, he would call me. And there was always a seat for me at the annual Christmas concert.

Fast forward to September 1991. New detachment, new school year. I'm now working in Port Alberni and training a new recruit. Knowing the importance of School Liaison we visited our assigned school, sat down and introduced ourselves to the principal. The first words out of her mouth were, "The police have no business being in the schools. You're not teachers. You don't know how to talk to kids." End of meeting. Needless to say, she never called me for any reason and I sure didn't go back to see her.

It was years before I voluntarily set foot in a school again. Imagine the impact on my new recruit, just weeks into the job.

In retrospect, it's a shame that I let the atti-

tude of one person affect my involvement in the schools. Conversely, she'd probably had a negative experience with a police officer and it coloured her opinion on the ability of all members to participate in school programs.

Detractors of police based programs, such as DARE, will say that these programs yield no positive results. Advocates disagree, citing it's not all about the program content. It's about the connection, building relationships, and being a caring person in the lives of children who are sometimes lacking positive role models.

Basically there are two levels of liaison officers: those working General Duty and assigned to a school as a part of their duties, and those whose primary function is to work in the schools. If your only liaison member is on GD, running from call to call, you may not see them for weeks at a time depending on call volume and shifting schedules. But you'll know the ones who realize the importance of connecting to the kids. You'll see them at recess or lunch time, hanging around the playground, just talking. They might be skipping rope or kicking a ball. Maybe they're doing some traffic enforcement in your school zone and are taking the time to show some kids how the radar works. And don't worry – that kid in the handcuffs is just one of a long line "trying them on."

If you work in a community with full time officers in the schools, consider yourself lucky. If you're using that member as a resource, you likely already know the value of the position. (Don't forget to occasionally let your local detachment know as well. When front line re-

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sources run short, it is these specialized support sections that are the first to go.) If you're not using this resource, why not? There is an incredible amount to be gained by having a consistent face dealing with school based issues. Especially if the kids see this member wearing many different hats.

So what can a School Liaison officer do for you? First and foremost, make that officer a part of your school community. If the kids see him or her around often enough, they'll stop asking, "What happened?" or "Who did something wrong?" They'll lose that mind set that the police only show up when bad things happen.

Of course, when bad things do happen, your liaison officer is your go to guy. It's way easier to investigate a crime when you know all the players and possibly have a relationship with them. Very often I'm called upon to assist in mediating a situation before it gets to the criminal stage. Or to discuss consequences if certain behaviours continue. I'd rather invest a little time doing some one on one work and possibly prevent a situation from erupting, than do all that paperwork afterwards. I deal with way more non-criminal calls to my school than I do complaints that end up in court.

In between, my schedule is loaded with DARE classes, CAPP classes, health classes. I do talks on drugs, sexual assault, bike safety, Halloween safety, personal safety, bullying, careers. I attend sporting events, luncheons, graduations. I read stories, go bowling, play billiards. I go on field trips, carve pumpkins, help out at fun fairs. I fingerprint children during Safety

Days. Basically, if a school requests it and my schedule is open, I do it.

And it's not just about the kids. Your School Liaison or Resource officer can be called upon to do workshops on Pro D days, speak to PACs or other adult groups in your school community.

Now, please don't go waving this article in the face of your local liaison officer. Do that and I'll have to be taken into protective custody. But if you find a liaison officer who honestly loves the job, take advantage. Trust me, we take away a lot more than we give. ♦

Cst. Shelley Arnfield is a school resource officer with the RCMP Port Alberni Detachment. Watch for her column each issue.

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When
bad things
happen, your
liaison officer
is your go-to
guy
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The Kids Help Phone: Helping Young People

Kathie Jagger, BC Regional Director, Kids Help Phone

“
Free,
confidential,
and
anonymous
access to
professional
counselling
”

Each and every day, the professional counsellors at Kids Help Phone answer calls and online questions from across the country, listening to abused children, helping suicidal kids, counselling confused teens – just to name a few. In 2004, counsellors answered calls and online questions from 12,621 children and youth located in 213 urban and rural communities throughout British Columbia, responding to all kinds of issues and concerns. When kids reach out for help, we are there for them with the immediate, caring, professional support and information they need – all day and every day of the year.

Kids Help Phone is a unique resource for Canadian kids. We offer young people free, confidential and anonymous access to professional counselling, information and referral 24 hours a day, 365 days a year.

Counselling

Since 1989 Kids Help Phone’s professional counsellors have been available by phone to kids from across Canada 24 hours a day, 365 days a year to talk about things like violence, drug abuse, relationships, physical, emotional and sexual abuse, suicide and bullying.

In 2002 we introduced “Ask a Counsellor,” our web counselling service, because we knew that kids were increasingly communicating online. Right from the start, kids have been seeking our help online. But since we made improvements to our website in May 2004, the number of kids seeking our help has exploded.

Kids Help Phone is now counselling Canadian kids in two media: the phone and the web.

The phone’s greatest advantage is that it lets us provide immediate support to young people. And it allows them to connect with a sympathetic and understanding voice, sometimes for the first time in their lives.

Some young people prefer to talk about their issues. But others prefer to write about them and to seek our support through the web – whether they go online because of a greater sense of anonymity, a reluctance, or a fear of confiding in a real person at the other end of the line or perhaps simply because they are more comfortable writing about something than talking about it.

Our web counselling service allows us to help more kids than ever before, and to help them with the most difficult issues a young person can face – depression, suicide, abuse. The list goes on and on.

Every question and every counselling response that is posted on the web is available for viewing online at www.kidshelpphone.ca. That

“hi so i started highskool this year and i dont know anyone else that goes there im really shy and dont make friends well so i feel like excluded or something im like so close to breaking down and my uniform for skool doesnt really fit anymore because i grew this summer after i got it and now i dont know if i want to go there anymore i kinda want to switch to my 2d choice highskool...”

Actual post from kidshelpphone.ca

means that other kids can read and benefit from the responses that are provided. In fact, every online post is read an average of 33 times. By providing our service through two media, the phone and the web, we're helping more kids in more ways than ever before.

Information

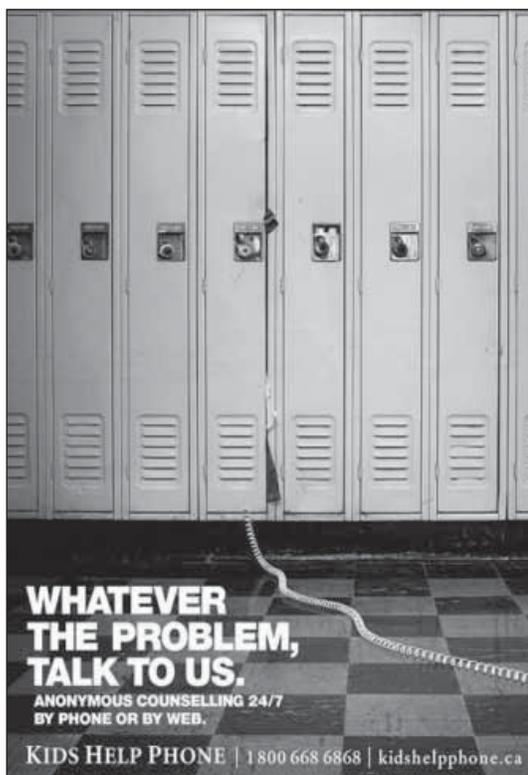
*How do you know if ... ? What happens when ... ?
What is ... ? I need to know about...*

Every day, Kids Help Phone counsellors talk to young people dealing with serious issues like abuse and suicide, but they also talk to young people who just have a quick question.

Kids Help Phone counsellors are all trained professional counsellors with a wide variety of backgrounds including social work, psychology, sociology, child and youth workers and human services. They are a great source of information for young people – no matter what the question or problem.

Online, the Kids Help Phone Topic Library is a great place to look for information about topics that concern kids – like depression, family life, relationships and more. Written by Kids Help Phone's counselling staff based on what we know about issues affecting young people, it's a good starting point for young people doing research for a project or who have a quick question that they don't want to ask a counsellor or others.

The Link Library provides a list of websites outside of Kids Help Phone where young people can go for other perspectives or more in-depth information on specific topics.



Referral

Each and every one of Kids Help Phone's counsellors have access to our database of more than 35,000 community and social service organizations across Canada. This unique database allows counsellors to refer young people to local services in their own community - whether they live in Victoria, St. John's or somewhere in between.

The database includes services like child welfare agencies, counselling centres, hostels, health clinics, police and social service providers. When necessary, or when asked to do so, a counsellor will type in the name of the child's community and pull up the address and phone number of the nearest ...continued on page 15

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What's Your Hook?

Jim Lawson, Newsletter Editor

As a teacher in the Alternate Education business for the past 17 years, I've come to know a few things for sure. Some are more obvious than others of course.

One of those standout realities is, Alt Ed kids often need a little more encouragement or incentive than mainstream kids to be regular attenders at school. There are a few very predictable incentives such as, a desire to get an education so they can get a job, a warm and welcoming place to get in out of the winter weather or maybe even a court order that demands they attend school.

So often, one of the greatest advantages of an Alternate Education Program is the opportunity to build in features or activities that attract or inspire students to want to attend. These features often reflect the strengths and interests of the school staff.

At Project 74/76, the Alternate Education Program in Port Alberni where I teach, that feature is hockey. Being an "all boys" program, Grade 7 to 10, with access to a community gym, a roller skating rink and the local ice arena, it's a slam-dunk. We have a love for everything hockey.

Because we start every day with floor hockey, or on occasion ice hockey or roller hockey, our students (and staff for that matter) want to arrive on time every day. That takes care of the "incentive-to-attend" piece for most students on most days. But it doesn't end there.

The hockey program at Project 74/76 provides us with an excellent opportunity to build character and teach and practice many socially respon-

sible behaviours. The list includes sportsmanship, team play, temper control, ego control, and many others. It also sets up a terrific dynamic for relationship building with our students.

My point? What you bring to your program, as the architect and teacher of that program, not only makes your program unique, but it also represents the strength of your program.

So what's your hook? The BCAEA would like to offer you the opportunity to share your program feature or strength with the rest of us. Please take the time to describe your program features and how they contribute to student successes in a short article for publication in the BCAEA Newsletter. If you care to include pictures, we'll be happy to publish them along side your article.

What the heck, there might even be some grant money available to support the very thing that makes your program special. Visit our website at <http://www.bctf.ca/bcaea/awards.html> for grant possibilities. ♦

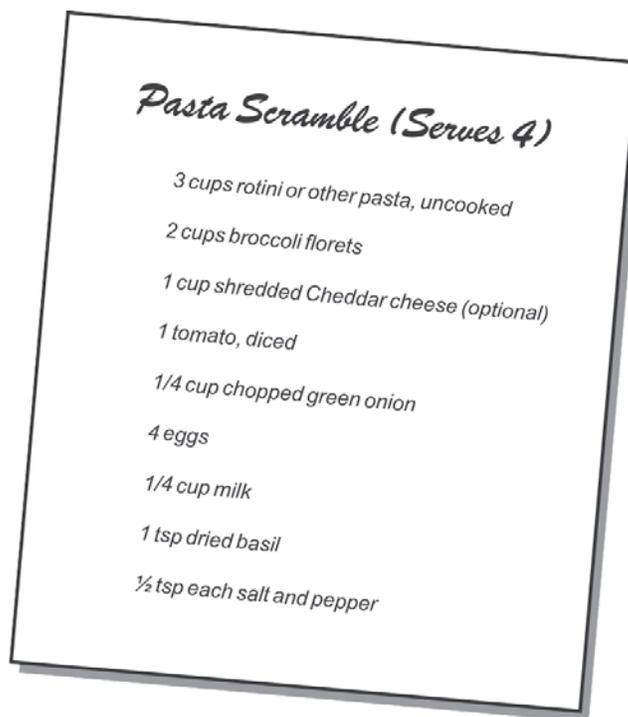
Jim Lawson is a past president of the BCAEA, the current newsletter editor, and teaches in Port Alberni.

Feeding Hungry Kids on a Budget

Joyce May, Secretary-Treasurer

Usually the biggest challenge in feeding kids on a budget is providing protein. Eggs are without a doubt the cheapest source of protein. This Pasta Scramble is attractive, nutritious and cheap.

Cook pasta in a large pot of boiling water 7 minutes. Add broccoli and cook 2 minutes longer or until pasta and broccoli are tender but firm. Drain and return to pot. Stir in cheese, tomato and green onion. Whisk remaining ingredients together in a bowl and stir into pasta mixture. Cook and stir over medium heat about 3 to 4 minutes or until egg mixture is almost set. Serve, and enjoy!



Schmooze Tip Money

Joyce May, Secretary-Treasurer

Each year many of you generously drop dollars into Rob Purgavie's roaming tip bucket at the BCAEA Conference Schmooze. Ever wonder what happens to those tips? Ever wonder how much was put in the bucket?

The first time we passed the tip bucket and received substantial donations, we divided the money between the kids and sent them happily home. The following Monday morning, I discovered we had inadvertently financed a near-overdose for one student and a cornucopia of drugs, cigarettes, and alcohol for the others. Not good!

The process has changed somewhat over time but basically the kids come to the Schmooze knowing that:

- they will work hard and go home to Mission in their limo with \$25 in their pocket.
- they will present a spending plan Monday morning to account for the balance of their tip money. We will take them shopping.
- half of the tip money will finance a special event or purchase for the group (In the past this portion of the collected money has purchased things like snowboards and bicycles, and paid for trips to Long Beach and a DudeRanch)
- \$50 will go to each of Maryanne Cardwell's older volunteer bartenders from Delta.

This year Rob collected \$1160.00. Half (\$580.00 minus 3 x \$50 for the volunteer bartenders) will go to a group activity or purchase for the kids. The remainder, \$430.00, was divided amongst them. ♦

FASlink

(continued from page 7)

Most girls are two to three months pregnant before they find out. Given the prime child-bearing age range, the odds are very high that about 20% of babies have been exposed to multiple binges in high levels of alcohol in the first trimester, before the girl even knew she was pregnant. It is Party Hearty Time. The vast majority of these girls are NOT alcoholics. Maternal prenatal alcohol consumption even at low levels is adversely related to child behavior. The effect was observed at average exposure levels as low as one drink per week.

The Canadian Paediatric Society states: “Fetal alcohol syndrome (FAS) is a common yet under-recognized condition resulting from maternal consumption of alcohol during pregnancy. While preventable, FAS is also disabling.” “Health care providers play an important role in identifying babies or children with FAS. They should become familiar with the screening tools that are available to diagnose the condition in children at various ages.” “FAS diagnostic and treatment services require a multidisciplinary approach, involving physicians, psychologists, early childhood educators, teachers, social service professionals, family therapists, nurses and community support circles.”

About 50% of pregnancies are unplanned. “If you drink, don’t have sex. If you have sex, don’t drink. Prevent Fetal Alcohol Syndrome”

Even brief exposures to small amounts of alcohol may kill brain cells in a developing fetus. A study carried out by John Olney, M.D., at the Washington School of Medicine in St. Louis showed that just two drinks consumed during

pregnancy may be enough to kill some developing brain cells, leading to permanent brain damage.

Alcohol damage to the fetus occurs over a wide continuum. Damage varies due to volume ingested, timing during pregnancy, peak blood alcohol levels, genetics and environmental factors. At the mild end, damage may be the loss of some intellectual functioning (IQ), visual problems and higher than normal pain tolerance. At the severe end, damage may be severe loss of intellectual potential, severe vision problems, dyslexia, serious maxillo-facial deformities, dental abnormalities, heart defects, immune system malfunctioning, behavioral problems, attention deficit disorders, hyper-activity, extreme impulsiveness, poor judgement, little or no retained memory, deafness, little or no capacity for moral judgement or interpersonal empathy, sociopathic behaviour, epilepsy, tremors, cerebral palsy, renal failure, heart failure, death.

FASD is so grossly under-reported that the FASD statistics are almost meaningless. There are very few doctors who have received any training in diagnosing FASD and most prefer to use “non-judgmental” diagnoses such as ADD, ADHD, LD, MR, RAD, ODD, Bi-Polar, Autism, Tourette’s, etc. These “diagnoses” don’t imply the mother has done something that could have affected her baby during pregnancy. However, they can also lead to inappropriate treatment and a lifetime of pain.

Failure to properly diagnose and treat FASD leads to development of secondary disabilities, such as mental health

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The Kids Help Phone

(continued from page 11)

resource like Children's Aid or a drug treatment centre. If the situation warrants, counsellors can also make a three-way call to ensure the handover goes smoothly.

Thanks to the database, "Carol", 16, received the support she urgently needed. Carol was a runaway and had been living with her boyfriend for seven months. Shortly after she moved in, Carol's boyfriend started hitting her. Like her father did. After he was asleep one night, Carol decided to leave him. A Kids Help Phone counsellor used the referrals database to help Carol find a local shelter.

Young people know that they can trust Kids Help Phone's phone and online services. They turn to us at all hours of the day and night for support and information and, often, to say thank you for being there for them when they

needed help. To learn more about Kids Help Phone, visit www.kidshelpphone.ca or to make a donation call 604-267-7057.

Ordering Youth Materials

We have developed brand new materials designed to let students know they have a place to turn for free, anonymous professional counselling, 24/7, by phone or by web. We would be happy to send you these free of charge, for use in your school.

If you are interested in ordering our youth awareness materials, please visit www.kidshelpphone.ca and click on "Order Our Materials" to see what materials are available for order in your region. ♦

Kathie Jagger is the BC Regional Director of Kids Help Phone

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FASlink

(continued from page 14)

problems; "disrupted school experience" (suspension, expulsion, dropping-out); trouble with the law; confinement in prison, drug or alcohol treatment centre or mental institution; inappropriate sexual behaviour; alcohol and drug problems; not able to live independently; and problems with employment.

FASD is not a threshold condition. It is a continuum ranging from mild intellectual and be-

havioural issues to the extreme that often leads to profound disabilities or premature death.

There is no safe level of alcohol consumption during pregnancy. Fetal Alcohol Spectrum Disorders are 100% preventable. If you are pregnant or planning on becoming pregnant, don't drink any alcohol at all. ♦

Bruce Ritchie is the moderator of FASlink.org

Association Executive Contact Information

The following dedicated individuals volunteer their time to ensure the smooth running of your association. Information on the roles and responsibilities of each position may be found on our website: www.bctf.ca/bcaea/executive.html

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