

Ilitakhiyotin

Una Makpigaak ilagiya Pauktuutit Inoen Aknan Kanatami atoligumayaenik mikhivaleayagani Nutagakhanoen Imikpalaknikun Inuhiklikpaleaniginik (FASD-goyok) nunagiaptikni. Pauktuutit koyayotikaktun amigaetonun inuknun timeoyonulo atoktitikmata kaoyimayamiknik, atokhimayamikniklo ihomagiyamikniklo atugeagani uvan makpigaami ilagiyaanilo FASD-mik Ayoekhavaaligutikhanik ilagiyaanilo FASD-mik Ayoekhavaaligeagani.

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OKAOHEOYUN TALVANI

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KATUJJIQATIGIITSUNI SANNGINIQ

havakatigeknik tukiheayagani FASD-goyok ILAOYUN MAKPIGAAGIN

Hivonikhiyutin

Aknan imikata taagaknik higaeyaotilogin — kagugu-gaekpan imikpaknikata — ihomaloknaktok nutagakhanoatik inuneakniganik kagitaa hogakneakniganik aheniklunen timiganik.

Nutagakhanoak Imikpalaaknikun

Ihoeliyotikakniga (FASD-goyok)¹

FASD ilaoyok amigaetoni ihoeliyotaoyoni inuknun taagakmin piyotikaktonik inutinagin. Ukoa aktoknikalaktun timimun, ihomamulunen, piteagunikolunen ilinahaknikolunen, atuni inuhikmi piyotikaktun.

*Ihoeliyotaoyok higaeyan
imikpalaknigiya ihokagitok.
'Namakhilimagitok
'ihoakhilonilunen'.*

Amigaetun atoktaeliyotin kaoyimayotilo ihomagiyakakmata ima: "Unatoak atugitaagani FASD una higaeyak aknak imigitkomi taagakmik." Una itkomayugaloak, okaohigiyagani ayoknaetkiyak atoknikmin, ukonigalo ihomagiyageakakmatalo:

- Ilagin aknan imigoelimaginmata imigaknak-toniklunen atogeageamikni kaoyimaga-loakhotik anigutaoneakniganik nutagakhanoamiknun;

- Ilitokhaotini naonaektok aknan nutagakaktun FASD-kaktomik nutakeotkilagunakhiyun taema itomik.
- Aknan imenagaagamik imikoyoag-itkaloakhotik, nigaotivaktavun koveagigitogilunen, kiheani naonakman kanogileogeakhamik.

*Iniktigakhak uvani ayoekha-
vikmi ihomaligeakni kanok
ikayoktogeagani ukoa aknan
ilagiyaelo nunagiyavikni.*

Ihomagiyatin ikayutaoneagonakhivun imigoegeagani, okaotilogilo ikayutikhanik nutakeoteageagani aneagitomik. Kigoagun, ikayokneagunakhivutin nunakatiknik.

Aknam nutagani aneakogita, kiheani ahenik piyotikagunakhigami imigeolaetok inminik. Ikayoktaoteagumik nagugihimae-tomik, mamaoyun imigoekneagunakhivun.

¹ Imikpalaknikun Nutagakham Inuhikluta okaohik ilakaktok ukuniga: Imikpalaknikun Ameagayok Nitagakhak tamaenun piyotayok ukunani: Imikpalaknikun Nutagakhak Ameakyagayok, Imikpalaknikulo Nutagakhak Aktoktaoniga, Imikpalaknikulo Nutagakhak Timimiku Ayokhaotikaktok, Imikpalaknikulo Agiklitigetok Timimigun, Imikpalaknikulo Nutagakhak Ameakyagayok – Ilagilo Ihomagiyayun ahelo okaheoginaktun.



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Ayoekhanikmi Iniktigakhan

Una ayoekhayun ihoakhakhimayok:

- kaoyimalogo ikayokteoyeonigiyakun; huklo ikayoktoevita; ihomagiyavun kaoyimayavolik atokpalaknikun, kukluknaktolo, FASD-lo; nanminiklo kaoyimayaoyun, ikpigiyaooyolo, upgeagutaoyolo;
- ihivgeoklogin hivonikhiyotikhan FASD-nik kanoklo aktoknikakmaga;
- naonaeyaklogin ahen eyavaloen aktokniginiklo nutagakhamik;
- kaoyimalogo ayokhaotaoyun atokpalaagumik okaohigilogilo ilagin huk akan imikhimaginakmaga higaeyaovlotik;
- ayoeklotin atuligumayanik ikayugeagani aknan imiyuktun (ayokhaotikaktolunen ahenik imigaknaktonik atoktun);
- ilitokhaklogo nunagiyan kanogitukmaga ikayutikhan pivalealakmaga aknan ayokhaalaan, hunalo ihoaknikhaoneakmaga;
- ihoakhaklogo nanminik opaogaeyaotikhan.

Kanigileolakik...

...pivaleayagani ikayutik -

hanik akanun nunagiyamni?

Kitun inoen nunagiyamni

ikayolakan uvamnik?





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Monaktin Inmiknik kaoyimayagani

FASD-nik Hunaniklikaa

Imigaknaktonin Aktoktaonikata Nutakan

Atokpalaknigin

Piyotaovaktun Atokpalaknikmik

Ihomalaknaktok

Ihomamigun Ihomalaknaktok

Vicariious Trauma





Monaktin Inmiknik kaoyimayagani

Amigaetun huk inoen ikayoktogumanigin inuknik. Ilani, ayokhaotikakpaktogun nanminik anigukpak-hogin, ikayogumavaktogun aalanik ukoa ayokhaotin aalagulakniginik. Ilani, takovagavun pikpagiyavun naglikhaktun. Kaoyimayaptiknin, ikpigiyakaktogun, kanoginiginiklo, ihomagiyaptikniklo ihoakhaotikhanik.

Ihoamagilogin ukoa apikotaoyun nanminiklo huk ikayoktogumanigiyun. Okaohilogin kanogileo-guhitin aalanun.

1. Huk ikayogumavik?
2. Kanok kaoyimanikakik imiknikun taagaknik?
3. Kanok nanminik ahelunen kaoyimanigin taagaktokpalaknikun konigiliyotigivigu?
4. Huk aknan imikpakpan higaegaloakhotik?
5. Kanogileokneakik takoguman higaeyamik imikhimaginaktomik?

Okaohilogin Ihomagiyatin

Kanogileoktaolakan aknan imiyuktun imigaknaktun-
niklunen higaeyaotilogin?

Kanok kaoyimanikakik atokpalaknikun imigaknaktomik?

FASD-nik Hunaniklikaa

Piyun

- Taagak higaeyam imigaa nutakamun aolae-naktok;
- Taagak ahiguktigivaktok timeanik nutagakanum agiklivaleaniganiklo aktoknikakhoni;
- Kagitak agiklivaleaginakman higaeyaotilogo, ihomaloknakloaktok ihoekniganik unalo
- Imikhimaginaknik ihomaloknakloaktok taagak aknam nunagakhanoavlo timeani agiyukman, hivituvlonilo.

Aktoknigilaktaen FASD-m inuheani

- Kayometkiyan ihomatogeagani ilihageaganilo ayokhaotikakhoni amihoni piyotini;
- Ayokhaotaoyun tokiheayagani kanogilineaknigin kanogileokan ihomakpalunen hivunik-hamik opalogaeyaenikmilo;
- Ihomatukhimagitotun pitkohik, ayokhagumilo ilanakageamini;
- Poegukhagaetok;
- Ayokhaotikaktok tokiheayagani hona anigutaoneakmaga ihomaloknahokuknaktok-lunen;
- Okagikhinahaktok ayokhaotikaktoklunen okageamini;
- Nutkagalaetok ihomagiyakakhalimagitok;
- Ayokhaotikaktok tokiheayagani ikakniknik maniklo unalo;
- Ayokhaotikaktok ikpigiyaminik kanogileogeakhaminiklo nigakomi.





Inoen FASD-kaktun kaoyimayaolaktun piteakatagimikmiknik sikukvikmi nunagiyamiknilo. Ahenin inuknin pigeaktitaolaktun ihoetonik. Ayokhaotikakneagunakhiyun Pilehimalo. Havaakhamiknik ayokhakeagunakhiyun agilgakagilotiklunen. Imikpalalakineagunakhiyun. Ayokhaotikakneagunakhiyun ihomaluknikmmik ihomakateaginikmiklunen inuhikmikni ihomalutikagumik.

Ilitokhagaoyok

Talvani, ilitokhagaolaktok taktimin, naonaeyaeyukhamik ananaoyum kanoginiga imiknigagun tagaknik ilitokhaholulo nutagak FASD-kakmagaa. Tamaknik naonaenikanik, nutagak ihomagyaovaktok FASD-kanigagnik. Piyotikaliktun ahenik ilitokhaeyotikhanik.

Imigaknaktonin

Aktoktaonikata Nutakan

Tamapta kaoyimayogun higaeyak atokpalakhimnikan taagaknik FASD-kalaktok. Kiheani, ahenik imigaknakto anigutaolaktun nutagakhamun:

- Imigaknaktonin cocaine-goyok hilugaan oyagaktolo itonik anigutaolaktun kagitamik Inoen tayanoak koveahoktitiyutikhanik, kagitamilo aalagukpaleayotigilakta atokpalaaknikmiklo piyotaklakmata;
- Hunalikaa amamaoyum ileogagaen timiminun ikpigivagaen nutagakhanoagata;
- Atokpalaaknigni imigaknaktonin nutagakhanoani ayokhaotaovaktun atokpalalakivlotik inugumik nutagakhan ahenik ayokhaotaolaktun inuhikmikni;

- Aknan amigaetonik ayokhaotikaktun ihomalo-kpaktolo atulagunakhiyun taagaknik aheniklo imigaknaktonin, ihoetomik ihoahinahoakhogin inuhigiyamikni piyotin.

Higaloknigin

Amamaoyun higakpakata imigaknaktonin higaeyaovlotik, nutagakhaen ukitkiyaoneagunakhiyun inugumik, aneagutikalakhotiklo nutagaonikmikni. Aktoknikakneagunakhiyoklo kigoani ilihakpaleanikmini.

Cocaine-guyok Crack-lo Imigayinaktun

Crack ilagiyaa cocaine. Tamakmik igataotilaktuk atokpalakniginun inuhoegutaolakhotiklo nutagakhanoami inunageotaolakhotiklo nutakam inuvikhaa tikitinagu.

Cocaine-kaktun nutakan ima:

- Ukitkiyaoneaktun inugummik, nutagaonikmikni inuhoegutigilakmagu, aneagutigilogolo, ayokhaotikaklotiklo timimigun hayolakutigilogolunen timimigun;
- inuvumik timimigun ihoeliotikalaktun ilomeotilogilo umataen nutkalaktun;
- ilomeotilogin umata nutagakhanoem nutkalaktok;
- mikinikhaolaktun neakoen kagitaelo unalo
- inulaktun atokpalaliklotik cocaine-mik inuhikmikni.

Cocaine-mik atokpalaligamik, nugumik nutagakhanoen keagalineaktun hayolakivaklotiklo, hinitealimaetotiklo mamateagoekpakhotiklo. Ilitokhaotinin



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naonaekneagunakhiyok amigaetun ihomaloknaktun hivunikhami aktokniginnik ihomamik, hanakikh-agutikhaniklo ilihakniganiklo kanogileokniganiklo.

Methamphetamine-goyun (Ukoa meth speed, crank, crystal meth, glass-imigaknaktun)

Atokpalaknigin meth-mik pinagigutaovaktok ahenin imigaknaktunik atoktun. Higaeyani aknani, nutagakhannoan agiklinagigoekpaktun, algaalo kiktogalakman. Nutakakn inulakmata inuvikhanik tikitinagu ukitonoagolotiklo. Inuhikmikni timimikun ihoelitokalakman umataelo nutkaklotiklunen pilakmata.

Tipakun

Higaknik higaeyaotilogo anikhaaktaegaenun mikhiyotaokman agikligeagutikhaeniklo nutagakhannoan mikhivaaligutaokman. Aknan nutagakhaen aanilaktun inuhoeklotiklunen. Nutakan inunagilaktun ukitonoagolutiklunen. Nutakakan amamaen higayuktun higaeyaotilogin Tayaenak Nutakami Inuhoegutao-kalagutaolakmata, ihomakakpalagilotiklo, Nutkagaenagoekpakhotiklo, povaklokhhotiklo pivakmata.

Eyavaloen neovigaovaktolo eyavaloen

Ulugeanaktokakan eyavaloen codeine-kaktun, eyaktokoyaoyolo ingumaenalikan ikpiknaegutilo atoktaohaogitun higaeyanin. Ilagin ukoa eyavaloen atoktaoyomaenalikpaktun eyoktoktaoginakata. Agiklivaniganiklo nutagakhannoan aktoknikalakman.

Piteakpaklotin eyavaloknik neoviganik atokoyaoyoniklo. Amigaetoni, kaoyimaginapta kanok aktoknikakneakmaga nutagakhannoan. Tylenol kalaktun eyagiyaen namaenaktun, Aspirin, Advil-lo, Motrin-lo Aleve-lo atoktaoyukhaogitugaloen. Akeagukheotin Tums Maalox-lo namaenaktun. Itiktaktuni eyakhak Kaopectat namaenaktok nutagakhanum imakakniganun aolaginman; kiheani Pepto-Bismol, Imodium-lo Lomotil-lo atoktaoyukhaogitun.

Tamaeta eyavaloen aolavaktun nutagakhanum imagun aolavaktok nutagakhanum timeagun.

“Nutagaga FASD-kaktok”

Ihomagilaklakun inuhea mamaoyum nutagaa FASD-kakan.

Honaovan ihomalutaolaktun amamaoyomin?





Kanok aktotnikakneakan ihomalutaoyun inuyuheani?

Kanogileolaka ihoeligitagani aktotniganin?

Atokpalaknigin

Honaova Imikpalaakni Imigaknaktoniklo Atokpalaaknik?

Pikagitok tukiheayutikhamik aalatkekmata imigaknaktonik atokpalaknik, ataohikmiklo piyotikagitoni. Una agiktaoyok atokpalaakniga ima, “ imigumae-naknik atokniganiklo tagaknik una inuk aneagutikagaloaktologo inuhikminilo kanogilivaleagaloaktologo.

Kanoginigin Atokpalakniginik

- **Ihomaenakmigun:** Inuk ihomamigun tagak-togumaenakniga aheniklunen imigaknaktonik atogeagani ayokhaligami kanogilinikalo inuhikmikni, imikpalaknigagulo ihoelivaa-likneagaloakan inuhikmikni.

- **Timimigun:** Timiga hugeotigaloakan imigaknaktonik atogaloakan — inuk aginikhamik atokpaleavaktok ihomalogeogutikhaminik (haeleoyalikloni ‘koveaholikloni’ ihomalutae-geamini). Imigaotikhaegagami, timimigun iminguhulikpaktok. Ukoa koveahoginik, hayolakivlonilo, ihomalolakivlonilo aomalak-toklonilo, hugitoniklo takovakloni kaoyima-heokpakhonilo.

Okaohigilogin Ihomagiyaoyun

Huk aknan atokneaka imigaknaktonik taagakniklo higaeyaotilogo?

*“Umatimni katoyomanak
aneagutikagitonik nutakanik.
Ugahiktok huli atugitagani
FASD-kaktonik Inoen
nunagiyaeni.”*

— Lizzie Ningiuruvik

Piyotaovaktun Atokpalaknikmik

Kaoyimaginata huk ilagin inoen imikpalalikpakma-gaa aheniklo imigaknaktonik atokpalakniganik ahen inoen taemaegitologin, inuhigiyen ayikekaloaktologin.



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Ilitokhaotin naonaekmata ayokhaotin piyotikaktun aalatkeni piyotini:

- **Timimigun:** Ilagin inoen kagitaen naohimagitolenen kanoginikhaen ayokhaotigilagunakhiyaen kanogilagalaknikan inuhikmikni.
- **Ilihaknik:** Inoen imiteagoekpaktun aalat inoen inuhikmikni (ilاناتik ilagiyatiklunen) taemaeleoyukmata, kaoyimalikhotiklunen taagak imikgaktolo ihomaloknaegutivakmata ayokhaotini koveanagitoniklo ihomagiyani.
- **Nahogiyaoyun.** Ukpiknik ima, “Ayokhaligapko imikniga”, ihomagiyaoginakhonilunen, “Imiknik una imigakloni kiheani piyageakak-

*“Ukpigohuktoga Imikpalakni -
kun Nutagakhanoak Ihoeliyo -
tikaktok Timimigun ukoa
ilihaotaoyageakaktun havaa-
giyaolgaklotik Inoen nunagi-
yaeni. Pigahoni hitamanilunen
inuhimayoni iniknikhani aknan
okaoyaohimakmata aalatkenik
hivonikhiyutikhani inikniknin,
monakhinilo ilanagiyaenilo
kanok taagak aktoknikakmagaa
nutagakhanoamiknik ilomeo-
tamiknik.”*

— Pelagie Sharpe

man”, ikpiknaknigalunen, “taagam poegulakivakmata ayokhaotipnik”.

Ihomalaknaktok

Ihomalaknaktok una ihomalutaoyonik aniknaktoklunen ihomami ihoeliyutaoyonik. Ihomalaknaktok ataohekloni kanogileogutoalaktok atokhimaginatoniklunen inuheani inum kigulikhaenilo inuknin.

Ihomalaknaktilogo, aniktoktaoyok ayokhaktitaolipaktok ahenin inmi. Ihomalaknaktun inum ayokhaotigilikpaga kanogileogeakhaminik, ilaonigiyaminiklo inuyuhikminiklo tokitagutinik.

Ihomamigun Ihomalaknaktok

Ihomamigun Ihomalaknaktok akhalutitokhoni tolokhi-manigumi, ikolaktokakalunen, nigaktaohimanikalunen, ikhitaktaohimanikalunen aniktaoneaknahugigumilunen, hoekhimanikalunen nutagagiyani ilagiyani-lunen. Ilakaktoklo nuleaknikun piteaktaoginigumi, avitaogumilunen ilaminin nunakatiminilunen, agoyaktokaknikan, iligakyoaknikalunen, ihageatikpalunen atogeakaktaminik inuhikmini, monagiyaoteaginikalunen, kanoginigagulune inuheata piyotaonikan.

Ihomalaknaktok ihoakhiyaogitpan — **Kigoagun**

Ihomalaknaktok Ihoeliyotaolaktok Ihomami.

Pigahun naonaepkotin umiga ukoagoyun:

- Ihomalaknaktok atoktoakatakpaktok inum ihomani. Imatun, inuk itkaomakatagumi iho-maklikneaktok taotuktuyakloni, ihomagiyakaklonilunen, ikpigohuklonilunen taemaetonik.





- Inuk kanogileoknahoalimagitok piyotikakata ihomalaknaktomik. Ima, ihomagiyani, ikpik-naknigilunen okaohigiyaganilunen piyotikak-tun ihomalaknaktomik.
- Ayokhaotikaenakniga hinakhiyagani hini-teageaganilunen; nigalagumi; inugutalagu-milunen; ayokhagumi ihomagiyakaenakloni ataotimik, nahogiyuyaginakloni hunamiklikaa koveanagitomik; kuklulalikloni ingumalalik-lonilunen taemaetageakagitkaloaktologo.

Ilagin anigukhiyun ihomalaknaktomik kaoyimagito-mik piyotikakpaktun atoktuyakhogo ihomalaknakni-ga takukhaoteagitomik. Ukoa ilakaktun ihomaluk-naktonik, unanmiyakalikhokik hunaniklikaa. Imae-tonik siketonik atoteaginiginik, kiliktigigumi inminik, utiktitaenigumi inminiklo, akeagoaknahoalotiklunen, ihoetomik nuleaknigumik akhutaklo, nigaenagu-magumik, ihoenagutaolaktoniklo piyotikaknigumik una ihomaloknaktologo akoakhikniganik.

Ukoa piyotin ihoakhilaktun una anigukhihimayok tukihealiknikan nutanik avatimini kanoginiganik. Inoen okaoyikhamiknun upaotivaktun ihomalaknaktok atokhimayaktik okaohigiyagani kaoyimaginmata kanogileogeakhamiknik anigukhimayaktik ihoaktomik inuhikaligeagani. Inoen amigaetonik ihomalaknak-tonik itkaomaenaktun ayoekpaleahoeppaktun inuhikatealigeamikni ihomaloknaetomik.

Ikayoktinun

Hivoani, ihomalaknaktogukhimayok inuk unipkagea-kagunahiyok kanogileoktaonigiyaminik, ukiklitinea-

gunakhikman itkaomayaminik. Nalateaktaogumi, okakatigiyagani ayoknaekneaktok ihomalogeokpa-lealonilo. Ikayokti ayikiktolakta ihomalaknaktogukhi-mayok ayogeageagani monagiyamini ihoaktomiklo ihomagiyakaligeagani. Atoknikaktok ikayitin nagli-guhugeagani, kaoyimateageaganilo piteaklotiklo ihomaloknaktogukhimayok ayiteageagani.

Okaohigiyagani Ihomagiyaoyun

Kanogileolakan inoen ihomalutikagumik ayokhaoti-kagumiklo?

Kanok hivumun aolaneakita?

Havakhoni FASD-kon iho-makhakheokteni kamiteoyomi pivikhakateagutaokman uvamni kaoyimaligeamni ikayoktogeaganilo inoen ataotikun, piyagan hivonikhiyotikhanik ihagea - gineaktamnik hivunikhami havaagiyamni.

— Sue Qitsualak





AYOEKHAYUN

KANOK KUKLUKNAKTOK IHOMALAKNAKTOK TAKUKHAONEAKA INUHIPTIKNI?

Una apikotayok hivonikhiyotukhan. Okao-higiyageakagitan keoyotin. Taegoayavatin ukoa titigakhimanign. Keolotik atuni apikotayun nahaohiklogin 1-min 10-mun. Ataohik tokikaktok “ila” kulitaok “taemaegitok”.

Titigayavan ihomagiyani atuni keoyotigiyaknik. Nahaota ataotimun Kukluknaktok ihomalaknaktok kanoginiga uplomi; aheani upoani aalamik nahaotikakneagunakhiyotin.

Naloheogumaneakatin nahaotitin uplomi. Pihimayok Pearlman & Saavitne-milo (1996-mi)

1. Ihomalugitpik?
2. Pikpagiyatka ihomaloknaetpan?
3. Koveahokneakik kinaonigiyamnik?
4. Ukpigohukpik aalat ihomagiyateageak-niginik?
5. Ukpigohukpik namagenageagani ihumaleogutiga?
6. Ukpigohukpik ihomalogigilogin aalat piyotikakneakatalo ukpigilogin?
7. Ukpigohukpik aolaniganik inuhikma monagilakik?
8. Ukpigohukpik inukatikageageamni uvamnik?
9. Ukpigohukpik kanitagani aalanun inuknun?

Ataotimun nahaotitin kanoginigani ihomak-pin iyohea. Naonaegutoayok naglikhakupak-togun ayikegitomik kukluknaktomin iho-malaknaktomin, ukoalo aktoknign agiklilak-tun mikhilotiklunen ihomagiyakun kanoginigagun, aneagitkuptalo aheniklo inuhiptikni piyotaoyonik.

Kukluknaktomin Ihomalaknaktomin

Kukluknaktun lomalaknaktun monagilaktun nan-minik monagitpan, ilaokpalo haemakhaotaoyoni holilugagutini, ‘ihomagiyakagitagani’ atoktuyak-nikun, mikhoknikulunen, taegoaknikulunen hanoayaknikulunen.

Pigeagutaoyun Ihoakhiyagani

Ihomalutaoyun Kukluknaktomin

Ihomalaknaktomin

Kaoyimanik

Kaoyimalogin hakuginigiyatin hakoegutigiyatilo.

Kaoyimanahoaklogin tamaeta kaoyiyotin hivonikhiyotilo. Atoknahoaklogin ihomagiyakateaknik taemanganiklo kanogonagilotin.

Pivikhakateanik

Pivikhakateaklogin tamaeta holilugagutin: havaak, ulapkiniklo, unageokhikniklo. Havaatin namateaktomik pivaklotin aalagukpaklogilo pigeagutigiyatin.

Ilaoliknik

Ilaoligeaklotin iliknun ahenulo inuknun,, ilaoligeaklotilo kutiknikhamun ikayotikhamun. Nipaengagutigihoecklogo anigutaoyok takukhaogitok.





*Nunigin Koveanaginiga Kukluknaktum
Ihomalalnaktum*

1. Koveanaginiga Kukluknaktum Ihomalak-
naktum mikhivaktok inuk nutamik inuhika -
ligumi. Kaoyimaguknik kanogileoguhigian
uplotoagaagan atoknikakniganik aalagugu-
taonigalo.
2. Ihoakhinahoklogin ihoelutaokhaktun
ihomagiyatin. Ilomukan? Taemaeyotaovan?
Okamaoyaotaovan?
3. Ilaoyavutin hulilogagutini ihoakhivaaligutao-
yonik inuhelik aalat.

*Ihoakhakhimayun hivunikhivotinin hatkigaenin
Maureen McEvoy, M.A.*

*Ikayoktin monagiyageakaktun
inmiknik. Hapkologo
aolagikhiyotin pigigitan.*

**Poeguktinaga...
kaoyimayakhatka**

1. Ilitogiyaga ikayokteogama

2. Ilitogiyaga FASD kanoginiganik

3. Uplomi iglaktoga imaetukman

4. Apikotigiyatka

5. Kanok ilaonigiyaga oplomi





UPLOANI 2 OKAOHIKHAN

Akhugutin FASD-mi

Inoen Inuyutigiyaen: Honanik Iniknigin Ukpigohukpan?

Atuligumayaoun Ihoakhaotikhalo —
Maluk atulaktuk Utigeagani Inuyuhik

I2-nik Aplogeagutin Ikayun
Aanikpalagitagani — Oplaogaeyageagani
Iyoakhinik

Poeguktinaga...Kaoyiyotikhan Uvamnun



UPLOANI 2 OKAHIKHAN

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Akhugutin FASD-mi

Hulilogagun

Aviktoklohi pigahonun pikatigenun. Atuni pikatigen
atulaktun umiga makpikniganik naonaeyageagani
akhugutin hatkigutaoyun FASD-min atoktakhaen
inum, ilagelo nunalelo.

Inum ilikun

Ilagen

Nunalen

*Okaohigilogin ihomagiyatin
tamenun pikatigenun.*





Inoen Inuyutigiyaen: Honanik Iniknigin Ukpigohukpan?

Hama ihomagiyaen Iniknigin kanok piteagutiniginik inoen, kanoklo ikayogeagani.²

“...unipkaan atoktaovaktun ihoakotaovlotik kinalikaa piteageagani inuknik ayokhaotikaktun iliktugitok; kanogitkaloaktilogin...kinalikaa piteaktaoyageakaktun kinaonikata kanoginigagalo.”

“Okaotilogin kanogilunikata ihomagenaktavun. Kaoyipkalogin okamaoyalimagingavin okaohigilogilunen okao-higiyaen ahinun. Kaoyipkalogin aneaknaetomenmata okaohikagaganilo namaenaktomenmata. Nalateak-nahoayavatin.”

“Okaotilogin ikpigiyatin; tohagumayun umigat.”

“Inoen pikoyaoyun kanitagani ahenik inuknik, polak-paklotilo, ikayoklogilo, okakatigilogilo hunaniklikaa.”

“Akigaktogeoklogo inuk, ikayoklogo inuk piyageakakan, ipigaktaelogo inuk ihoetomik inminik ihomakaktologo, okamaoyagihoeoklogin, akigaktogeoklogilo.”

“Nahogiteaknik okaotaokman uvaptiknun, nahogilogin hunalikaa.”

“Honanik kinigeakaktogun ihoakhivaaligitikhanik... Tohagumiku ukpigineakmayuk nakunigiyamiknik ayogitamikniklo.”

“Aapaga okaktok hapiliktaelotin koveahogitkaloak-tilotin, ukteonagin, hapiliktaelotin anigukneagin. Taema humulikaa tikineaktotin.”

“Okaotilogin taemaeginalimaetok, hunalikaa aalagukhuguyok. Tikineaktok aheanik. Okaotilogin anigugeakaktan aalagugeagani hunalikaa.”

“Ihoenakhimayun kanguhulitaetun, tokiheateagutmik okaohigiyaptiknik inuknun, ihoakhivaalikneakman inuyuhun.”

“Tohagaloagupta hunamiklikaa nakugitomik piyotaanik inum, kilamik nagugiyageakagitavun. Ilitpaleaneagapta ihoenagutiptiknin.”

“Okaoyuktaoyoga nagugilogo inuk okaohigilogolunen nakoniganik nakuginiganiklunen.”

“Itkaomanahoaklogo nakunigin inoen, tamaeta nakugitoenaen.”

2. Ukoa havaamin Ajungniniq-min Kanatami Nunakakaktun Aneaktaelinikun timeoyomin katihimakmata Iniknigin ihomagiyaen inminik tokotigitagan makpigaanilo igilgaan kaoyimayaenin, havaagiyaen Nunavumi Ukeoktaktomi Iihakpaalikvikmin.



UPLOANI 2 OKAOHIKHAN

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Hunan inuyuhen takukhaovan ihomagiyayoni ukunani?

Ukoa inuyuhen atoknikakan uplomi?

Kitu inuyuhik ihomakni atoknikakloaka?

Kanok ukoa inuyuhen ilaovan ikayoktoaniganik aknan ihomalutaoyun?

Atuligumayaoun

Ihoakhaotikhalo — Maluk atulaktuk Utigeagani Inuyuhik

12-nik Aplogeagutin Ikayun

Una pitkohik utigeagani inuyuhik piyotikaktok inum ikpigiyaenik ikayoktaolakniganik imigitagani ikayoktaogumi ahenin inuknin ayokhaotikaktonik ayiko-taenik, imaeleoklotiklo:

- Imigeokhimaenakloni atugitaganiulunen tamaenik imigaknaktonik
- Katimakataokatakloni, uplotoagaagan piyageakakan
- Ukpigohukloni kutiknikhamik ikayoktikhamik
- Kaoyimaliklotin utiktitagani inuhik atokpalaknikmin ila inuhikmi atokhimaginageakaktok
- Pakitilotin ikayoktikhaknik inukmik 'ikayokti' atugeagani 12 aplogeagutikhan. Ikayokti una inuk aknam okakatigilakta ihomaligumi imiknikmun utigeakhaminik.
- Taegoaklogin atogeakaktun makpigaan pinahoaklogilo 12 aplogeagutin havaani, ataohek-taklogin.

“Una okaohik atoknikateaktok. FASD nutkaktilimagitok havakatigekaktinata, piteaklota ihomagiteaklogilo aknan ihomaloknaktun, ikayoklogin imigoegeagani.”

— Marja Korhonen





- Aketomik ikayoknaoaklotin 12-nik aplogea-gutinik timeoyok (akmaelotin katimanikmik, tititgaklotilunen tohaktiyotikhani, ikayoklo-gilunen akyageagani inoen inuyuhikmiknun utigeagumayun inuhikateaknihamun.)

Aanikpalagitagani — Oplaogaeyageagani

Piyotaoyok uvani atuligumayami mikhivaaligeagani anigutaoyok taagakmin ahenilo imigaknaktonin nutagakhamun ilumeotaoyok amamalo.

Pinahoagakhak atugiloni — tokikaktok amamaoyok imigiloni atoklonilunen ahenik imigaknaktonik.

Una aneaknaetkiyaoyok. Kiheani, imigoelaetonakhiyok atoklonilunen ahenik imigaknaktonik ataotikun.

Kiheani inilimaetok nutagakhanoanilunen igatalimagitok imikpalagitkumi.

Kinalika akhukhaktaolimagitok aalagugumakpata kiheani. Akhukhagupkin, iliknin ahivakpaleaneaktun.

Inuk aalagukneagunakhiyok inmik ihomaleogumik upiyotikageamikni.

Inum atogumayaen iniktigumayaelo ihomagiyao-teageaktun ikayoktoklogilo, ihomagiyakni tutkigit-kaloaktilogin. Amamaoyok aalagugumakpan mikiyugaloamik, namatkiyaoyok piyomaginikmin.

Ona opalogaeyaon pitkohik ikayutaokman inukmun:

- ihomaleokan aalagugeaminik (upiyotikageagani okakatigeknikun);
- tukiheakpan aalagukniganun aolayutin hunamiklo nahogiyageakakniganik;
- piloni iniktigakhanik imigitagani atulaktanik inuhikmini taya;

- togakvigilogo imigeoknikhak;
- opalogaeyaelotin piyomayaa iniktigeagani;
- havaagilogin ayokhaotaen imilakhutigiyagen;
- ikpigilogo ikayoktaoniga tamaeni pigeagutini unanlo
- uktuvaginageakakniganik imivalikan.

Kaoyiyun: Hilakyoami, amigaetun imigoekhakveoyun havaalo aknan ikayoktogeagani taya atuktun 'opalogaeyaonmik ihoakhaelotik' pitkohikmik ihoaknikhaokman amigaetoni inukni. Pivaaligutaokpan inoen nanmimik inuheni hakugikniginilo ayoetamiknilo. Nahogiyotaoyok ukpiknakmalo aalagugeagani pilakniganik. Ikayutaokman inoen tukiheayagani inmiknik huklo imikpageagani namatkiyamik. Piyotaokman inuknin kanogileoguhikhamiknik atulaktaenik uplotoagaagan inuhikmikni monagiyagani nanminik kanoginigiyaamiknik.

Iyoakhinik

Iyoakninik tukikaktok ihomakhakheoktilogo ikayoktoklogolo. Amigaetun timeoyun Kanatami atokpaleayun iyoaktakhanik havakatikageagani aknanik ihomaloknaktonik FASD-kaknahokuknakton nutagakhaen.

Iyoakhinikmik Havaan

- ikayoknik;
- namagilogin aknan ihomaleogutaen;
- pikatigiliklogo;





UPLOANI 2 OKAOHIKHAN

- iyoagakhan polakologin aknanik agilgamikni ahenilunen tikoagaeni aknan...titigakvikmi polagitkaloaklotik;
- iyoagakhan ikayoklotik aknanik ilaoligeagani nunagiyamikni ikayutini unalo
- ikayoklogo aknan nanminik iniktigakhaka-geagani.

Iniktigakhan ihivgeoktaovaktun hitaman tatki-heotin naatkagata. Aplogeagutin mikiyun aknan takuyagani aolanikateakniganik. Hivoani, iyoagakhak piyageakagunakhoyok aknak ikayugeagani (takoyak-togeagani Monakhin inigeyaklogo), kiheani aknak pivaleaneaktok kayometomik monagiligeagani inuhigiyani namini.

Iyoagakham havaaga: tikoaktoeloni aknamun ikayutaolaktonik, ikayoklogolo namagenaklogolo, 'ikayuteaklogolo' piyageakaligaagan (ikayoklogo aolagutikhaenik, nikikhaeniklo pivaklogo.)

Tamaeta iyoagakham havaagin opaotiyotin: kinikhealotin aknanik humilikaa, katimakatigilogin agilgamikni humilikaa piyomayaenik; aknam katimakatigihoeatin, kiniyavan...kaoyipkaklogo kimaligaginigaklogo; kanogiligaloakan.

*Iyoagakhak huleakatikhak,
akhukhaeyilo, ayokiktoeyilo,
ihomakhakheoktilo, aknavlo
nangaktigivlogo.*

Ikayokteoteageagani

Ikayogeagani aknak, hivulik piyageakaktan piteagutiligeagani avanmun, namagenaklogolo, pikatigiteaklogo nakoyumik.

Okaohikhan ataotimeoyuni ukoa:

Ikayoktaonigaguvin kinamilikaa, hunaovan piyohen ikayoteakniganik ikayuteaginiganiklunen?

Huna ihomakni tukiheayutaova iliknik?

Huna nunganaktuyakan ilikni?

Kanok upakneagaloakeok aknan nunalikni?





Kanok apikhokneakeok ikpiknaktonik imiknikun aheniklunen imigaknaktonik atoknigagun higaeyaotilogo?

Kanok ihoaknighamik okaohikakneakin hivonikhiyutikhanik aneagutaolaktonik imiknikun?

Humi inikhakateaknikmi okakatigilakeok aknak?

Pikatigitealigeagani

IMAELEOKTAELOTIN

IMAELEOYAVOTIN

Kanik, ihoegi

Ilganaelotin toyukmipkaelotilo.

Okakvigikyok

Okaktilogo unipkagiyaminik kanoginigiyaamigun.

Taeyuhiklogo
("imigoelaetotin")

Namagilogin okaohigiyaen iliknun..namagiyageakagitan
ihomakni, kiheani una inuhigiya unipagiyalo.

Ihoegi okaoyuklunen

Aolageaklotin okaohigiyamik ayokhaotiminik
ihomagiyaaminiklunen.

Ikhitaaktaelogo

Kaoyipkaklogo nalaknigaklogo ikayogumaenaknigiyaakniklo.

Okaotilogo hivonikhoyutikhanik kanok aktokniganik taagaen
nutagakhanoaganun okateaklogo, ikayoklogolo
kanogineaknikhaniklo.

Tikoaklogin inigakhaen

Pivikhakaktilogo ihoakhaeyagani iniktigakhaenik
nanminik...kaoyimayok inminik...ikayokteokavuktotin
maligoagakhaenik.

Ihomagenaknahaoklogin hakugiknigiyaen...ikayoklogo ayo-
giniganik ihoakhaeyagani ayokhaotininik, aalagugeaganilo
inuhigiya...ayokhaknigagilogo.



UPLOANI 2 OKAHIKHAN

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Poeguktinaga... Kaoyiyotikhan Uvamnun

Notes:

1. Iilitoga umiga uplomi

2. Kungeaktitilogin imeotoga

3. Ikayutealagunakhiyoga imaenama

4. Imaeleokneaktoga

5. Ataohik ihomagenakta una





UPLOANI 3 OKAOHIKHAN

Ehomaalongnaktut Angnat

Okaojinik Ekayogahoakhoni — Aolapkaijotaoyot Alanggotaigiyait

Alangiotighak — Akviniliit alangootaolaaktut

Nakoatut Okaojimahoaknik

Ekayoklogit Hivonighaanot Kanogiliogotigiyaghainik ehoaktomik

Ayaghaaknik Ninggaomaniklo

Ayonggillotit Nakoatooknighaklo

Poigonggillaklongga...Ovamnot poigoktailijotighatka





UPLOANI 3 OKAOHIKHAN

Ehomaalongnaktut Angnat

Kanok elagilikpalianiagaloakiok angnak hapkonani titikani okakhimayot taotokhogit?

Jeannie okaktuk monaghingook okaotihi-mayaa emilayaknighamot ekayogahoak-tonot opaotitkoplogo elomioplioni emikatakmat. Jeannie okaalaktogook emingnik-mongook ayoghaotikagitok, elaani emikata-galoakhoni, monaghinitlo okaojaokata-gomanggitoniPiyokand monaghiliakataoy-agaagammi hinggaiyanot.

Lucy okaktuk ehomavakkamigook enik-palaaginnaligiaminik emigiaktokoyaoya-gaagami ehomaalokpakhonilook elio-tani annikniagiakhaanik emingnikmit. Okakhonilo emigoigahoagaloakhinigook ayongnakiptok...tamaitagook elannani emiyokmata emikatigiyomaplogingook pilikpakami. Okakhonilo oihonigook ayoghaotigilikpiagamiok emiktoknikpa-laakmanggook, onagootikpiagaagamio-gook emigook onagoiyaotigilikpakamiok ehomaalotigiyani poigogahoakhogit emi-lakivaktok emik ehoaghijotigiplogo pilikpa-kami. Ehomayok emigoilainniagiakhamiknik.

Elihimayohi amigaitot emingnikot ayo-ghaotikaktot. Emikvikmilogook eming-gakpakhoni naloghitpakhonilo okaktok. Elittogilihaagamigook elomioligiaminik kihimi emikhimmaaginnaktogiploni oaka-kok, talvalo amigaitot elannait elagohiilo emiyokmatagook, okaojaonahoagaloak-honigook tohalimainnami elannaita ona-gootiyaag nutagakhaa enoohikloktommik enootkonago okaojaovaktoogaloagook. Emilikiyigook onniojaovaktoghaoliktot taimaahiktokakniakat.

Emailiokoiyot

Atoniiktiktot pinggahootiplogik. Emailiokoiplofik taotoktityot imaa... ataohik angnak ehomaalong-naktogiyaonggoakhoni, aipaataok ekayogahoaktio-ploni, pinggahoat naahogiploni konggiaktok. Him-maotigiiktakhotiklo piyot. Ekayogahoagovik kanok okaojiniagaloakit kanogiliokniagaloakillooniit, ekayo-gahoagovit, piyaakaktotit ilingnot okpigipaklotit pikatigiitiagahoaliklotiklo tamaptik piyaakaktotit eli-himaligominit ekayoktigiynomakatakniaktaatit takoy-omakataklotillo piniagonakhiyok

Katimakatigiikhotik Okakatigiiktot

'Angnaoplioni'

Kanoktot ekayoktigiyaakit ekayokatit ehomaalogoik-paaliktititotit, kanggikhitiakalo, oinggaiyaitailiplonilo pihimava, ahiagotlooniit?

Kanok ehomavit kinggoknakhitiyomik?

Ekayogahoakhoni

Hona ayongnakpalaaka?





Kanok ehomavit kinggoknakhitiyomik?

'Taotokhoni'

Taotoktok homik takova ehoaknighaoyomik?

Kanok ehomavit kinggoknakhitiyomik?

Tamaffi

Kanogitonik atoktakaka — takoyahi tamaffi ekayoghiotiplotik naonaiktahi?

Kanok ehomavit kinggoknakhitiyomik?

Okaojinik Ekayogahoakhoni — Aolapkaijotaoyot Alanggotaigiyait

Anigaitot ekayogahoagotighat elihimayaghallo:

1. Ehoaghaklogo pikatigiitiagahoaknighak:
 aghoitomik nakoatot okaojitiagahoakloni
 elittoginahoaklogolo inuk ekayogahoaktat
 kanok ehomagiyakagiakhainnik.
2. Tohavigilogo — okatiakologo kanogilogoma-
 yaaghaanik. Elittogilogillo okaotigiyait elo-

mooktot itkoomaplotiklo ilingnot okaohigiyait

3. Ehomaghakhiokatigilogolo kanoktot

honaloniit alanggogomayait — piyomayailo

4. Ekayoklogo kanoktot opalonggaigomayainik

pinahoagomayainiklo pikatigilogo

5. Ekayoktoklogo hivonighaminik piyomayainnik.

Angnat ehomaalongnaktot pitjotigiplogit, ataohik

pimmagioyok — elanilo ayongnaknighaovakhoni —

ekayoktogomaplogo elittogipkagahoakhogo piyoma-
 yainik anoohikmigot alanggogomayainik enoohigitia-
 gahoaknighaanot.

Alanot okaotigiinagialik aghookhak- taolotit alanggokoyaogaloagovit.

Kanok ikpigivit? _____

Kanogiliokit? _____

Inuit alanggogomayoitot enoohitik alang-
 gomalikhinnaknatik ovloniit elittogima-
 ligomi kanok alanggogialigiaminik. Ovgot
 alanit alanggoktaonahoalimaitogot kanoklo
 holivaohivot alanggoktaonahoalimaitot.
 Omaatitkni ikpigigaloakhogo anoohikot
 alanggogahoagiakaliktakot, Ayaghaaknia-
 gonakhiyogot alamt enoohiptigot alanggo-
 koyaoligopta. Ayaghaakniaktogot naotik-
 togaonigopta naggogiyaooptaloniit, ovalo-
 niit alanggogomaginnapta, kanokloniit
 alanggohighakot ayogoptigo.

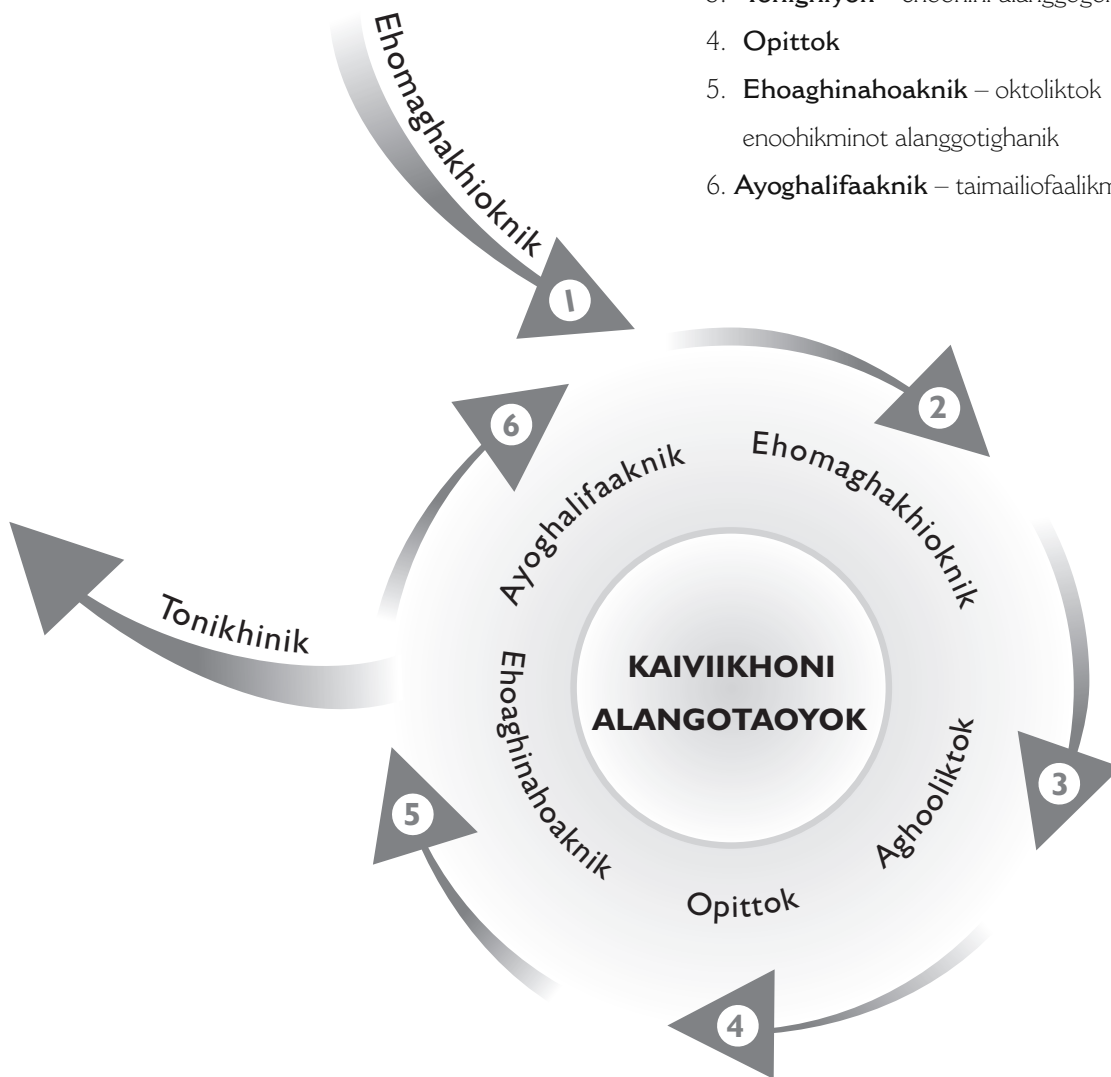




UPLOANI 3 OKAOHIKHAN

Alangiotighak — Akviniliit alangootaolaaktut

1. Ehomaghakhioknik – kaoyimagilogo alangogomanik
2. Ehomaghakhioknik – isumagijait alangogomanik
3. Tonighiyok – enoohini alangogomaliktaa
4. Opittok
5. Ehoaghinahoaknik – oktoliiktok enoohikminot alanggotighanik
6. Ayoghalifaaknik – taimailiofaalikmiyok



*Kaiviikhoni Alangotaoyok
Prochaska & DeClemente*





Nakoatut Okaojimahoaknik

Nakoatut okaojinahoaknik imaa hivonikaktuk kitotlikaa okakatigiplogit nakoatut ehomaghakhiokpaligiaminni kanogiliokniagiakhamingnik hivonighamingni. Ehomaghakhiotiagotigilikpaktait nakoatut holinighamingnik elittogijotigivagaat ayoghaotikaligiamingnik ehomaalongnikmik holilokilikpagonakhiplotiklo pikatayoitamingnik nakoatookhimaitommik. Nakoatollo ehomakatiagotigilikpaktat enoohikmikot alanggo-laagamiknik ehomalikpaliavaktot.

Ekayokpaaligiami kinalikaa inuk alangogomajotighaanot, ekayoghoaktok nakoatut pinahoaktoghaoyok ehoigohokhimaitomiklo elittoghainahoakhimaitomiklo piyaakaktok, ovalo kaoyimmatiagahoaktaghagiyaa inuk kanok honiklo ehomaalotikagiakhaanik naonaigahoakloni. Talvalo ekayoghoaktok pittigahoaklogo inuk hivonighakhiotiyaakaktaa ehoolotaoyonik ehomaaloktailitkologo enoohigiyaaagot nalvaagahoaklonilo ehoktoniknakoatut ehoaghao-tighanik pinahoaginnagiakaktok.

Naonaikpaaligahoaknik Imaa hivonikaktuk kanggikhinahoakhogo inuk kanok ehomakagiakhaanik kanogiliogomakmagaagitaloniit naonaigahoakhogit, kanoklo hivonighakhiokniakmagaagita elittoginahoaklogit. Ekayoghoaktoktop naonaiktitagiakaktaa inuk kanggikhimagtiaklogo okaligaikpallu naalaklogo okakvigitiaklogolo piyaakaktok ehoigohokhimaitomik elitto-gipkalogo kanoginmagaat oinggaitagahoaktotit pilogo.

IMAA AHIIT:

Angnak: Elannatka emigiaktoyoktot. Okagaloagaagama emigomagitongga ninggao-tivaktaaga. Taimaa ehoagingginnapko mal-laolikpaklakiyongga avalitomik aimayomangillamot.

Ekayoghoaktok: Ayongnaktok elannaknot kingginahoagiami.

Angnak: Ayoghaotikakpalaagitongga. Emikatayoitongga. Havaknaigaagat elannatka emigiaktokatililikpaktatka, havvangnaktillogo naamainnaktogalooyongga emingmot ehomakatayoitongga, kihimitaok havknaitilogo aliahokataoyomalikpakkama.

Ekayoghoaktok: aliahokataokafokpaktotit havangnaigaagat, taimaatut aliahokpaktotit.

Ekayoklogit Hivonighaanot Kanogiliogotigiyaghainik ehoaktomik

- Okaotihimmaaklogo naonaiyakologit hongmat enoohini alanggogiakalikaok. (Takologit alatkit okakhimayot titigakhimplotik nakoatut okaojinihak alangogahoagitighatigot enoohikmot)
- Naggogihimaitomik okaotilogo emingnik enoohikmot kanigilijotiyongnakmagaat.
- Okakologo kanogaalok emikpagaighaanik, kanogilivagiakhaanik emikkaagaloni emingnikollo enoohianot ikpiknakhitkagaat ehoanggitomik.



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- Tonikhikpat emigoigomaloni (imaa ahiit) emik-tailinahoaklotik sannikni malgokni, kanoklo ikpigiyakalimagaat emiktailiploni, kanigilivak-magaalo emigomanikmot, kanogiliokalo inmigot ekayogahoakhoni emigoigahoaknighakot.
- Ekayoklogo kanogiliogahoaknighaanik emi - goiknahogotaanik. Imaillingakataktoogaloak angnanot elomioyonot, atoktailinahoaghogo. Angnak tonighilimaitpat emigoigahoakloni, ekayogahoaginnagialik emigomayagaigomi inggataommiktailitkologo emiknikmik, kakong-gogaikpallo emigomalikpakniagaiakhaanik naonaiyakologo. Imaakaak, emigomaniagona-hiyok oblok pinggahoikpaklogo ekaanik naata-gaikpat ovaloniit havaknailat tikittagaikpat.
- Ekayoklogo kanogilioknahogotigiyaghainik hapkoa atoklogit, okaotitiaklogolo atogoma-yani malikiatologit ipigaktailinahoakologillo:
 - Poigoomatailitkologit oblot kaffitlooniit emikpagaikhaanik pinahoaktanilo inmigot ekayootighat (emingginnigomi ovaloniit kaffinikloniit emigiakhaminik naonaikhi-manahoaklogit) oblot kaffiokmagaagita emmikhimaitomik naonaikhimanahoaklogit, eminggitani kaffini obloni itkaomaligomigit koviatakpaalioitigihonggokmagit aliagilogillo.
 - Okakaat tatjagook emigoilimaitaaminik, eka-yogahoajavat emikatakpalaakonago nakoat-tot okaotitiagahoaklogo. Emikatakpaohiit akotokonahoaklogit obloknik tamaat emik-tailinahoakologo.
 - Opaloggaiyakatigilogo kanoktot emiktai-linighaagot okaotilogolo elannani aliahokati-givakologit: “holiniagaloakit emikhimaitomik koviaholokaagiakni?”
 - Ekayoklogo kanoktot ehomaalokpalaaktaili-nahoaknighaagot, inggomiktailinahoaknig-haagollo, ninggaktailinahoaknighaagollo, aghookhaktaoligaigomi emikoyaoloni elanna-minit, oiminitloniit, alaniklo ayoghaotikali-gaikpat, kakogo emilakotiginiakmikmagi: “Timaahikat kanoktot ehoaghinahoakniakioik emikhimaitomik?”
 - Ekayoklogo oktokhimmaakologolo ayag-haaknighamik emikoyaoligaikpat kimitlikaa.

Ayaghaaknik Ninggaomaniklo

Ninggaktailinighak ayaghaaknikloniit, kihimi kovia-naktomik ehomakagahoakloni

Akigaktoktailinahoaklogit angnap okaotigiyait, okpipinggitkokni ayoghaotigiyailo elihimagaloaklogit. Akigaktogaloagokni annaaktailigovitloniit, taamna inuk inminik annaaktaililikhonggoyok ovaloniit oka-katigiyomahoikniagonakhikmatit. Kihimi, okaotigiyait anggikhimalogit imaatut ehomaghakhiotialogo nakoatot oktofaakologo pikatigiinagialik.





IMAA AHIIT:

Angnak: “Naalaklogo okakat, tohanggonaktot emikoinggitot onagokantot. Okaalaktaililitot:

Ekayogahoaktok: “ilaa taimaa onagonaktok. Alanik okaotikaklok enoohigiktomik nutagakaligiakni. Okaotingga kanok ilingnik monagitiakpagiakhaknik hinggaiyaoplotit. Apikotighakakit piomayaknik nigitiaknighakot taaktinitlo takooktaokatakninghamik? Imaakaak, nikitiaknik nigitiagiakaktotit. Kanokli elihimavit ilingnik monagitiaknighamik nutagakhannoitlo ehomagilogo? Ekayolaaktagit naonaikpaalioitighannik piyomagovit ehagiagiakniklo pilaaktongga.”

Angnak: “Ilaa, monaghinit takooktaovaktongga. Nigitiagahoakataktongga, nikitiagogitot nigitaalinoahogit. Kihimitaok.... Ilaa... homiklo elihmayaakniakik?”

Ehomamikot Ayoghagoigotigiyaghainnik pilogit inminiklo okpigiligiagani:

IMAA AHIIT:

Ekayogahoaktok: “enoohigitiaklotit hinggaiyaoniakkotit enoohigiktomiklo nutakiyaakni ilingnik monagitiaktoghaoyotit. Koana, naonaikok naonaitiagomayotit elittogiyaghanik. Okaotikaklok tamainnik naonaigomayaknik enoohigiklotit hinggaiyaoyaakni? Naonaigotighanik tonilaaktagit, alaniklo naonaiyaiginnagiakaktogok ehagiaginiaktaknik honanikloniit piyomayaknik naonaiyaiyagiiklonok”.

Angnak: “Taki, Nutagannoakhaga enoohigikoyaga. Elihimayongga pittialaaktongga kihimi elaani ayongnakhivaktok”.

Ekayogahoaktok: “Ilaa, taimaitok. Pittialiktotit holiyaghatigot atoktaghanik. Havakatigiiklonot pigomnok ayoghaotikakhimaitomik pihimayaakni.”

Angnak ehomaghakhiotikalikat mikiyogaloamik enoohikmigot alanggotighamik, ekayogahoajavat ehomagiya alanggoga-hoaknighakaot atoligiagani.

Imaatut okaotinahoaktailogo “emigoiktoghaoliktotit,” ovaloniit “anniknialiktat nutagakhanoit”. Okaotitailogo kanogijohiagotloniit imaatut emigoilaitutit, emigomainnaknikmikloniit”. Okaotitailogo kihimi talvatoak elittogijotigiyaghainik.

Apigiinagalakivat imaa: “okaotikaktoguk honaokmagaat emiknik nutkaalakhimaitomik oblani amihoni ovalo kanoktot nutagaghannoaknot inniakmagaat, emikatanggitkaloakhotit akonggani emigaagavit. Ayognakniakat emigoikpiagahoakloni elannaknot mallaoyagaigovit, ehomaghakhiotiginiagaloakiok emikpalaaktailinighat elannatit pikatigiyagaigopkit?”

Ayonggillotit

Nakoatooknighaklo

Atoktaghakaktok kiyalikaa ehomaghootigiyait hiogoyaaktaaghaonggitut. Pimmagioyok ekayogahoakhoni hapkoa malikayaghat atoktaghagiyatit Ayongginnikot Nakoatooinghakollo maliktaghagiyatit:

1. Kanoklikaa ehoigitailogo inuk anniktailinahoaktaaghagiyat.
2. Aghoogotigitailogit elingnik ayonggitatit ekayogahoaktaknot.
3. Elangginni aokaoyiyit ekayogahoaktot ayoghaotikaktonik pitkoyaonggitot ekayogahoaktatik elannaginahoaklogo. Mikinighani nunalikni, kinalikaa ekayogahoaktat elannagi-





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yonaghiyatloniit noatkatigiyonakhiyat elago-
higiyonakhiyatloniit, Pittiagahoaktoghaoyotit
ekayogahoatillotit kimiklikaa. Ekayokgahoak-
tok imaa:

a. PITTAILIYOGHAOYOK, ekayogahoaktat
onggaliktailogo agiligokni.

b. Honatlikaa ekayogahoaktakit kanogijohia
okaotigiyait alanot okaotigitailogit. Atanigiyat
tohaktinnahoagokni nalohoiktanik okaoti-
inagialik holijotigiyakniklo ekayogahoakhotit.
Elanggi okaotigittailitkoyaoyot alanot,
imailingakpat anggiagiagiitot hapkoa:

- Elittogigovit nutagak noliaktaonahoak-
togiyaokpat, ona tohaktitagiakaktat
nutakanik hapommiiyoyonot ovalo
- Ekayogahoaktat okakat inminiigomanik-
minik, inminikloniit annigahoagomakpat
kanoktotlikaa annialakinahoaklni toko-
tagilonilooniit, ovaloniit
- Okakat inungmik alamik annikhinahoak-
togikpat.

2. Honalikkaa poigogomanggitatka

3. Oblomi ikpigohoktongga

4. Ehomagiyatka ehoaktoghat

5. Apikotigiyomayatka

6. Akago imaa piyomayongga

Poigonggillaklongga...

Ovamnot poigoktailijotighatka

1. Homikli oblomi elittogivik

Notes:





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Ehoaghailoni Nunalingni Ekayoktighanik

Eloinggaomayot Ehoaghaotighat Pitkohiktigot

Nutagagiik Ekayoklogit

Hovikhaiknik

Ilingnik Monaginik

Poigonggillaklongga...Ovamnot poigoktailijotighatka





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Ehoaghailoni Nunalingni Ekayoktighanik

Honanik atoktaghakaka nunagiyamni?

Nunaptikni piomayavut?

Kanoktot ekayoktighaptiknik piniagaloakita?

Eloinggaomayot Ehoaghaotighat Pitkohiktigot

Elainggaomayot Ehoaghaotighat Pitkohiktigot nunalikni atoktaokataktok. Pihimangmat ekayotaon-ahoakhoni nutagagiinot, sikookviknotlo, eningnitokaknotlo alanotlo ekayoktioyonot havakatigiikhotik pivaktot ehomaalongnaitonik, eliganaitomiklo, ekayogahoagotighanik pihimayakagiagani nutakanoat enolgammiknotlo ehomaalogiyaovaktonot. Hamnalo

atoktaoginnagiakakmiyot Angnanot ehomaalogiyaoyonot ayoghaotikaktonik.

Atoklogo Elainggaomayot Ehoaghaotighat Pitkohiktigot, atoktaghanik ekayotighanot ehoaghaigiikhimayot kitonotlikaa ekayogahoagotighak piyagiikhimayok. Opalonggaiyaotighat enigiikhimayok hapkonangga elihimatiaktonik kitoniklikaa, elagiiniklo nutagagiiniklo e lihimayonit

Atoktaghaliokhimayot kiyalikaa hanggiyohia naonaikhimaplogo, elitkohikmigollo atoktpagainot pilokaagomatillogit enmigot elaminotlo pihimayomaplogit. Opalonggaiigiikhimayot atoktaoyoghat nutagagiinot elagiinotlo. Angnap elailo haffomoona ehomagiloaktaghaoyot talvalo hamna ekayogahoagotighak inmikot nanminigiyaghagiyaat.

Atoktaghat Ayoghaotikakhimaitomik ehoaghajotighatigot

1. Pitjotaonahoaktot Ehoaghajotighatigot atoktaohimmakniaktok Nunaliktigot.
2. Ekayogahoagotighat okaojinikot ehoaghakhimayot inungmot ataohikmot pihimaplotik elagiinotlo piplogit taimaatut ekayoktoinahoakpaktot okaojiplotik ayoghaotikaktonik.
3. Atokpaktaat pihimayot elagiinot pitkoihtigot pinahoakhotik ekayogahoagotighanik okaojinikot nutagagiinot.
4. Eloinggaomayot Ehoaghaotighat pitkohiktigot ekayogahoaktit atoktaghamingnik piyagiikhimaplotik ehagiaginiaktainotlo piyaghakakhotik opalonggaiigiikhimayot.





5. Ekayogahoagotighatigot ehoaghaotighat eniktiktaohimayot ekayotikakhotik alatkiinit havakvioyonit, elagiinitlo, angginikhaoyonitlo nunaliknit.
6. Elaoingaomayot Ehoaghaotighat Pitkohik - tigtot havaotiginahoaktaat hapkonangga pihimayot ekayogahoagotighat, (monaghinit takooktaokatakhotik enoohigiknighaitigtot) nunaliktigollo elagiitigtotlo ekayotigiigahoakhotik pivaktot.
7. Ekayokniakhimayot opihimainnaktot kanogitkaloakmagaat hoginggitogo.
8. Kinalikaa ekayotighailiolikat nutagagiitloniit, holi ekayoktaohimmakpakniaktot ekayotighailioligakpata.

Havakatigiiktut

Hapkoa: Ahiagotaok “ekayoktaokatakotop” imailing-gavakmmiyok havakatigiiktot pihimplotik ataohiogaloamik elihimayomik havaktikakhotik ayoighatiakhimayot havakatiginahoakhogit okoa elihimakmata inungnik nunaliktigtot kanoklo ekayotighailioiktot elihimatiakhogik pihimakmata taimaitomik ayoighavikyoakhimaitonik havaktikalikpaktot havakatigiiktot

Aolavaohiit: Havakatigiiktoghat hoyagiiyaivaktot Elaoingaomayot Ehoaghaotighat Pitkohiktigtot atoktaghamingnik kitoniklikaa ayoghaotikaktonik ekayogahoaligaigomik. Ekayotighanik enigiyaiplotik, atoktaghamingnik ekayotighamnikniklo kinikhiaplotik nakoatot ayoghaktonik ekayokpagiamingni.

Nutagagiik Ekayoklogit

Nuatakaktut angnat hinggaiyaoplone emikpakhimagomi nutakigomi nutagaat ehomakatialimaitok, taimaihimayot nutakat angayokaanot ayoghalioataovaktot, elaiyainotlo, elagohiinotlo ikpigiyaolipakmat tamainnit.

Angayokaagoyot elittogimayaakaktaat nutakap enoohiklohia kanogiloliknatik ayongnaikpaaliootighanik evakhialiknatik ekayootaoyoghanik nutagagiyamingnot. Hapkoningga: Hapkoa nutakap hivoliitut ekayotigilikniaktait. Taimaahikhimayagaagat ekayotikagaaginnakpakniaktot holilokaaktaghatigtotlo ehoaghaotihaitigtotlo piyaghakakmat elagiinot nutagagiinotlo hailiyot.

Nuatakaktut angnat hinggaiyaoplone emikpakhimagomi holi alatkiinik ekayohiagotighamniknik pinahoaginnagiakakmiyot hapkoa pimmagioyookmata nutakanot ekayotighat atoktaolotik pilaaktut. Ham-malo nunaliknit ekayoktoghata ayonggitonik havaktikakmata elagiinot ekayoktoghnik.

Imailioginnagialik

Katimakatigilogit okakatigilogillo angayokaat nutagakaktot kanoginmagaagita elittogiviginahoaklogit, homiklo piyomayakakmagaagita. Onipkaakhakaniakmata atokhimayamiknik aghoogotigiplogit, onipkaagiyait angnakpaliatillogit ekayogahoaktok naonaikpaliahonggoyot ayoghaotigiyainik ekiholijotigilikpagainiklo elittogivalianiaktok.



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Tohaaplogit angayokaat okaotigiyaait, ikpigiyamikot okpigoholikpaliahonggoyot ekayoktigiigahoaknighakat. Ataotimioyotot elivaliagomik anggikatigiilikpalianiaktot holijotighatigot ekayotighat mighaanot. Naonaikpaalioitighallo hakaikpalianiaktot.

Ehomagilogit angayokaat elihimayait taotoklogillo hangginigiyaait pivaalioaoniaktot atoktaghanot nakoatot ehoaknighaoyonotlo.

Okakatigilogit nutagagiit, ehomagiyakagovik kikkonnik ekayolaaktonik nuagiyamikni ekayoktighakhioklotiklo pilaaktut ayoghagoigotighanik kiniklotik.

Elagiinot ekayoktighanik pinahoaktollik angayokaagoyot angikhimalikata. Imaatut ayongnaikpaalioitiniaktok nutagakaktonot elagiyainotlo elihimayamiknik atoktaghakaligomik.

Okaotaoyot Apikotaoyollo

Hapkoa oktokoyaoyot atotianiakat nakoatot nunalikni?

Kitot havakatigiiktot ekayoghioitianiakat nunalilknot?

Immakaa hapkoa ekayolaagonakhiyot, Sikooktitiyit Ataniat, monaghilloniit, Polaalkaktioplotikloniit Ekayogahoaktit

Kanoklo alanik ekayoktikakniagaloakita nunaptikni?

Hovikhaiknik

Elihakhota katimalihaakniptikni, okaotikaktogot ehomaalongnikot hivoogakaniagonakhiyok havaktinot ekayogahoaktit enoohigitiaknighainot. Onataok atahok havaktinot ayoghaotaolikipakmiyok ekayogahoaktot hovikhaigotiyagaagamik kanok ekayogahogaloakhotik. Elaani ingmiknik monaginighamingnik poigokpaktot aghooknikmot ekayogahoaktonik inungnik laalanik ayoghaotikaktonik taimaitomik ingmiknik ayoghaliklakivakmiyot. Taimaahigaagamik hapkoa havaktit ekayoktionahoakhotik havaagiyaghatik ayolikhogit pilimaigotigivagait taimaatot nutkalklakivaktot havaagiyamingnit. Kihimi onagoikhiklotik ingmikniklo monagitiagahoaklotik ehomagiyakalipaktot ayoghalinggitaamikni havaagiyamikot.





Ilingnik Monaginik

Okakhimakmat inminik monagitiaknighakot, tamafi, okoavalaat inungnik ayoghaotikaktonik ekayoga-hoaktioyot, inmiknik monagitiaknighakot oktogiakalilktot havaagiyamikot ayoghaliotikanggitaamingni. Ayoghakhimaitomik ekayoktioyot elihimayok kanogvalaak enggaomikhimaitomik havaagayaktik amigiyoghaoyot inmiknik annialakitailinahoaklotik alanik ekayogahoakhimmaknikmik.

Okoa atoklogit inminik monagitiagahoaknighamik:

- Inggataomiktailinahoaklotit ayongnaktonik piyaghakaligaigovik;
- Koviagilogo enoohigikhaagotigiyatit;
- iklalokaaklotit;
- olapkilokaaklotit;
- koanaagotigilogit elakagavit elannakagavill; ovalo
- ayonggijotigiyatit atoklogit; ovalo
- pivaklotit homiklikaa piyomayaknik aliahootigilogo.

“Oktokhinggaakhoni ayoghagoiknaktuk” taimangga-gaalok okaalaotaovakhimayot itkoomatiakhonilo pihimayok. Oktokataligovik ilingnik monagitiaknighamik, ayoghagoigotigihonggoyatik ekayoghiothonggoyot ilingnot elaknotlo nutakanot, taimainotlo inungnut ekayokhimayangnot.

Ehomahkakhiokatigiiknik

Tamaita okaotigiyavot ehomagilogit...Kanogitonik opalonggaiyotighakalikita ehoaknighaoyoniklo ekayogahoagotighaptiknik nunagiyaptikni?

Honaoniakat ekayoghiothillayot?

Honaoniakat ayongnakhonggoyot?



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Poigonggillaklongga... Ovamnot poigoktailijotighatka

Notes:

1. Homikli oblomi elitpaalikkik

2. Kanogittollo itkaomayatka

3. Ehoakniaktot ehomagiyatka

4. Apikotigiyomayatka





TITIGAKHIMAYUT³



3. Glossary adapted from "Alcohol Problems and Approaches: Theories, Evidence and Northern Practice," by M. Korhonen, National Aboriginal Health Organization, 2004.





TITIGAKHIMAYUT

Atoktailiyait: Emiktailiyok alaniko anggayaalakinaktonik atoktailiyok.

Epigalaitait: Imaa ittut taimaagomagaloakhogit ayoktait, imiknik, higaaklokliklo alatlo anggayaalakinnaktot taimaagomagaloakhogit ayoghalakinnaktot elihimaplogit

Emigoilaitok: emigaaginnaktok ayoghaliotigiyanilittogimagaloakhogit kitonotlikaa, havakvikminotlo enoohikminotlo, taimaitot kitotlikaa inmingnik monatiagitot emiknik taimalimainamiok.

Emigaaginnaktuk: Imaa hivonikaktok hamna okaohik, emigoilimaitok emikniklo ehoakotigiyyotot innamiok enoohikminot.

Naonaiyaktaonik: Naitot apikotighat pihimayot inuk emiknikot ayoghaotikaktok ayoghaotigilikpalia-ginnaktaaloniit emiktailinahoagaloakhoni, onatainikaktok imaa oktitigiyaoyok.

Akago akago atainnakhoni emiktok: Eminggaktikhoni emiktok taimaakatagaloakhoni akonggani.

Okaojinikot ekayoktaonik: Ona naitkaloakhonik okaojaoplone ekayoktaonahoaknik ekayoktinit ayoighatiakhimayonit.

Kitomiklikaa Ekayogahoaktot Okaojiplogit:

Okakatigiplogit ayoitot ekayogahoaktot ayoghaotigiyaitigot emiknikmit talvalo naliannot emilaiyavighanot piyaoyongnakniakmagaagita ehoaknighaoyonot ekayoktaoyomayomot.

Alatkinik Ayoghaotikaktok: Inuk alatkiinik ayoghaotikakok emiknikolloniit alaniklo kialaanoaligaaloni, ehomaikatalikpakhotiklo hapkoa ayoghaotigiyaait.

Ayoghaotikaliktinnagit ekayotighat:

Naonaigahoakhogit kitotlikaa emikatalikpaliayot, kihimi inggatagotihimaitomik pilihaaktot ekayogahoaknighak ayoghaliktinnagit.

Okakatigiplogit ekayogahoaktait: naotiktokhimaitomik kanogilikmagaagita okakatigiplogit ekayogomayait imaatot okaojiiyoyok elittogijotigivaalikhonggoyaa ayoghaliktinnago kinalikaa.

Taimaaktitinahoaktok: Ekayoktip atokpaktait kinalikaa ayoghaotikalikat ekayogahoakhogo okaojiiyoyok alangogahoagotighatigollo enoohiata mighaanot.

Kaoyimmakviyoyok: Ehomatoyok okaojinighakot okpigiyotiakhonilo hivonighakhiokti.





Nakoatooknighakot okaojinik: Hapkoa okaojiyit aokpaktait kitolikaa emikpaohiitigot alanggoga-hoakoplogit elanggakpaaligahoagiaginni emingnimit. (Takoinnagialgit alangokpaliajotighat.)

Ehomaikatalinik: Ehomaikataligaagamik inmiknik pimatiagoikhotik holiyoniklo kaoyimatiagoikpakhotik koklokhimanikmiknik taimaahigaagamik ayoghaliotigivagaat ehomamikot.

Naamakhivalianik: Emingnikot ayoghaotigiyatik taimaaktikhogit. Okaotigilikpaktaat kinalikaa emigoyagahaogaagamik emingnik taimaaktikhogo. Imaillingavakhonilo emingnikot pilloilihoiktok emikpakaloakhoni elanggaktok.

Ayoghalifaaknik: Emikpalaaginnaligiakmiyok. Immakaa emiknk ayoghaotigilifaaktaa ovaloniit emikatainnalikmiyok.(ehomaaloknakhiploni) emikatainnalikmigami (pittailinahoaknighakot takoofaal;pgit okagiikhimayot).

Inminik — Alanggoktok: Inminik emmigoiyaktok ekayoktighailiokhimaitomik ayoitonit.

Alanggokpaliajotaoyot: Kinalikaa ekayogahoak - hogo enoohiagot alangotighaanik pittialiknighakot inminik okpigigomi inuk nakoatot alanggolaaktok.

Alatkiitot Ehomaikatalinikmik: Ahikyaknik taotolikatahotik ikpigiyaghaonggitoniklo ikpigoholikpakhotik koiliktaholikpakhotiklo takoghaonggitonit, hoonggitoniklo tohaalikpakhotik pivaktot emikpallaaknikmit.

Emiktailinikmik Pihikaiyaliktok:

Eminggikhaaligagami inuk pihikaiyalikpaktok timimigot. Pihikaiyaliotigivagaa emiktailinikmik hayolakiploni ahikyakniklo taotolikpakhoni takoyaghaonggitonik, taimaahigaagata anniakvikmokaovaktot monagiyaoyaaginni.





EKAYOLA AKTUT

Kagitaoyami Kungeakhan

Makpigaan, Unipkalo, Maligoagakhalo





Kagitaoyami Kungeakhan

Canadian Centre on Substance Abuse. These links give access to much helpful information about FASD prevention, intervention, and coping skills for families. There is also a link to a directory of Canadian information and support services. Ph: (613) 235-4048

www.ccsa.ca/CCSA/EN/Topics/Populations/FASDPrevention.htm

www.ccsa.ca/CCSA/EN/Topics/Populations/FASDIntervention.htm

Canadian Centre on Substance Abuse.

FAS Tool Kit. Website:

www.ccsa.ca/toolkit/introduction.htm

This excellent toolkit provides clear and plain-language information about how to work with women at risk, FASD-affected children and parents, and community development.

MotherRisk Information Service, Hospital for Sick Children, Toronto, Ontario

Ph: (416) 813-6780

Website: www.mothersrisk.com

Motherisk is an organization that is a leader in research on FASD and its prevention.

Ph: (416) 813-6780

Website: www.mothersrisk.com

Health Canada. **Frequently Asked Questions about FASD.** www.fas-saf.com

Women for Sobriety

website: www.womenforsobriety.org This is a self-help and support group specifically for women, which helps them stop drinking. There is an online chat group. They also sell self-help materials specifically for women at reasonable prices.

www.come-over.to/FASCRC (FAS Community Resource Centre) (Very Good Site)

www.skfasnetwork.ca (Saskatchewan Fetal Alcohol Support Network and 'FASD Tips' (Very Good Information)

www.fasat.ca (Fetal Alcohol Syndrome Assistance and Training Ontario) (Very Good Site)

www.lakelandfas.com (Lakeland FAS Committee, Alberta- 'How to talk to parents', 'How to talk to adults') (Very Good Links)

www.cvfasd.org (Cowichan Valley FAS Society- 'My Story' (Positive Stories)

www.fetalalcohol.com (FAS/E Support Network of B.C.)(Good Info & Good Links)





www.acbr.com/fas (Fetal Alcohol Syndrome Information, Support & Communication Link)(Good)

www.child.gov.ab.ca/whatwedo/fas (Alberta Children's Services—Fetal Alcohol Spectrum Disorder)(Good)

Makpigaan, Unipkalo, Maligoagakhalo

Code of Ethics: Canadian Counselling Association:
www.ccacc.ca/ccca.htm

FAS/E Support Network of BC (vol 1,2 &3)
(2002) **A manual for Community Caring.**
Health Canada Project.

Haskell, L. (2003) **First Stage Trauma Treatment: A guide for mental health professionals working with women.**
Toronto: Centre for Addiction and Mental Health. This guide looks at stage one recovery; safety and containment.

Kirkpatrick, Jean (1978) **Turnabout: New Help for the Woman Alcoholic.** Garden City, NY: Doubleday. Written by the founder of Women for Sobriety [see link below]. Describes her own experiences with alcohol and the need for programs that are specifically geared towards women.

Korhonen, M. **Alcohol Problems and Approaches: Theories, Evidence and Northern Practice.** Ottawa: National Aboriginal Health Organization, 2004. This is a plain language overview of the causes and treatment options for alcohol problems. It also discusses the needs in Inuit communities.

Matsakis, A. (1994) **Post-Traumatic Stress Disorder: A complete treatment guide.** Oakland, Ca: New Harbinger Publications. A good overview of PTSD and looks at treatment from beginning to end.

Miller, D. and Guidry, L. (2001) **Addictions and Trauma Recovery: Healing the Mind, Body and Spirit.** New York: W.W. Norton. Provides a 12 session group model for working with survivors of trauma and addiction.

Najavits, L.M. (2002) **Seeking Safety: A treatment manual for PTSD and substance abuse.** New York: Guildford Press. An excellent approach to "stage one" work with people who have both PTSD and substance use issues. Offers a range of grounding exercises and themes for group sessions.





EKAYOLAAKTUT

Pauktuutit Inuit Women's Association (2001)

Before I Was Born kit. This FASD prevention and awareness tool includes a video and a guide. The video is available in various Inuktitut dialects, English and French.

Pauktuutit Inuit Women's Association. (2003)

Children Come First: A resource about Fetal Alcohol Spectrum Disorder (FASD). Ottawa. This manual and flipchart kit is a handy tool that front-line workers can use to make presentations about FASD in their community.

Poole, Nancy.(2003) **Mother and Child Reunion:**

Preventing Fetal Alcohol Spectrum Disorder by Promoting Women's Health. Vancouver: British Columbia Centre of Excellence for Women's Health. This is a brief summary of the 3 levels of prevention work that are necessary: public and community education and awareness; coordinated community and agency efforts to reach out to women of child-bearing age with information, advice and support; and specific non-judgmental harm-reduction counseling for pregnant woman and mothers who have serious substance abuse problems.

Poole, N. and Dell, C.A. (2005) **Girls, Women**

and Substance Abuse. British Columbia Centre for Excellence on Women's Health and the Canadian Centre on Substance Abuse. This summarizes the latest research about substance abuse and women. It explains how and why substance abuse issues are different for women (compared to men) and why it is so important to work with women using non-judgmental, respectful harm-reduction strategies.

www.ccsa.ca/NR/rdonlyres/628CF348-1B92-45D5-A84F-303D1B799C8F/0/ccsa0111422005.pdf

Prochaska, J. & DeClemente, C. (1984). **The**

Trans-Theoretical Approach: Crossing the Traditional Boundaries of Therapy.

Melbourne, Florida: Krieger Publishing Company. Explains that users have different needs from helpers at different stages of their using/recovery journey. By identifying the stage, the counsellor is better able to tailor interventions

Roberts, G. and Nanson, J. **Best Practices: Fetal**

Alcohol Syndrome/Fetal Alcohol Effects and the Effects of Other Substance Abuse

Use During Pregnancy. Health Canada, Canada's Drug Strategy Division, 2001. This is a thorough document that explains the





evidence about what works best in all 3 levels of FASD prevention: public awareness and education; outreach, identification of women at risk, and brief helping strategies; and effective strategies for helping pregnant women with serious substance abuse. The document also gives much information about identification and diagnosis of FASD children. It also describes best practices for helping children, youth and adults who have FASD, and ways of helping their families.

www.hc-sc.gc.ca/ahc-asc/pubs/drugs-drogues/best_practices-meilleures_pratiques/index_e.html

Rosenbloom, D., Williams, M.B. & Watkins, B.E. (1999) **Life After Trauma: A Workbook for Healing**. New York: Guildford Press an excellent workbook for women recovering from trauma. A lot of information and a step-by-step process.

Streissguth, A. (1997). **Fetal Alcohol Syndrome: A guide for families and communities**. Brooks Publishing. Baltimore, MD.



