



The Empower Project (TEP 2) funded by the Federal Youth Justice Fund

The new Empower Project (TEP 2) is a 3-year pilot project that has been developed for:

- Young women, 12 – 17 years of age
- With diagnoses resulting from pre-natal exposure (FAS, FASD, ARND)
- Who are involved within the Justice system.

Based on learnings from our first Empower Project (2015-2018) and using an Indigenous lens and led by Indigenous staff members we will:

- Assist participants to develop and increase their awareness of the mental health issues that emerge from their prenatal exposure to alcohol and to become attached to primary Traditional and Western mental health providers.
- Increase participants' social adaptive functional skills and increase their emotional and behavioral stability.
- Increase participants' sexual and reproductive health and knowledge through learning about and practicing healthy relationships, healthy sexuality and pregnancy and attachment to primary medical care providers.

Application/Referral Process:

- Participants may be referred through the FASD Youth Justice Program and associated Probation Officers.
- An electronic referral form is available from Susan.VanDreser@newdirections.mb.ca

The Empower Project Activities:

- Comprehensive intake including biopsychosocial assessment
- Circle of Care consultation and case planning
- Late afternoon and evening programming (Tuesday – Saturday) utilizing a case manager and two mentors
- Focus on relationship building and attachment
- Regular and on-going cultural activities, including teachings from a Knowledge Keeper and participation in New Direction Opikihawin activities
- Off-site one-on-one, and small group activities with mentor
- Attachment of participant to primary medical and mental health providers