

Savanna Pietrantonio

An abstract digital artwork. In the center, a hand is shown from the wrist up, palm facing up, holding a glowing, multi-colored heart shape. The heart transitions from yellow at the top to orange and then to a vibrant red at the bottom. The background is dark, almost black, and is filled with a complex network of thin, white, intersecting lines that create a sense of depth and movement. Scattered throughout the background are numerous small, white, out-of-focus dots, resembling stars or distant galaxies. The overall composition is dynamic and visually striking.

November 1, 2017

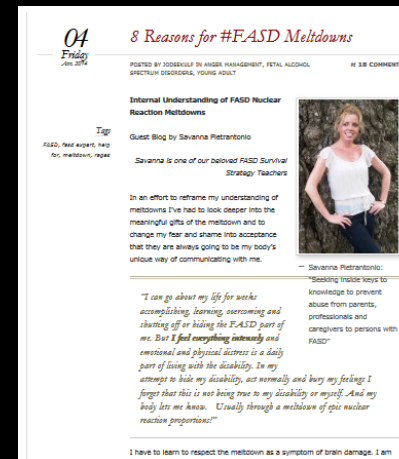
Savanna Pietrantonio

FASD Survival Strategy Teacher

- Adult living with FASD
- Became aware I had FASD at age 35, diagnosed at 47
- Co-administrator Facebook FASD Support Group Flying with Broken Wings
- Co-Chair Hamilton FASD Parent & Caregiver Support Group
Support site: <http://hamiltonfasdsupport.ca>



- Blog - Reasons for a Meltdown
- **Life focus** – Assist Caregivers and people with FASD





“The people who consider you weak have not yet noticed the wolf hiding behind your eyes nor the flames inside your soul”

Nikita Gill



People with FASD

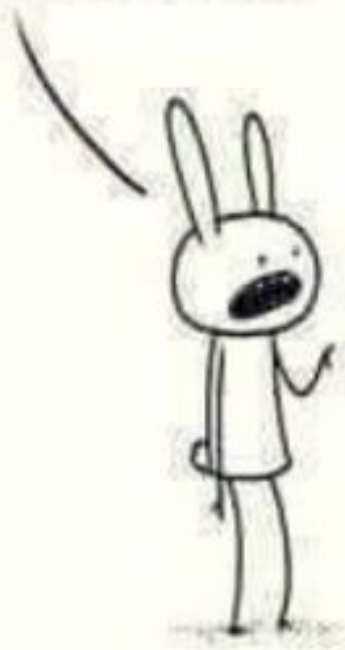
Firstly: *We're highly sensitive to emotional stimuli: (meaning we experience social dynamics and the environment and our own inner states with an acuteness similar to having exposed nerve endings)*

Secondly: *We respond more intensely and much more quickly than other people.*

Thirdly: *We don't "come down" from our emotions for a long time. Shock waves of emotions that might pass through others in minutes might keep cresting in us hours, sometimes days or weeks.*

Kiera VanGelder

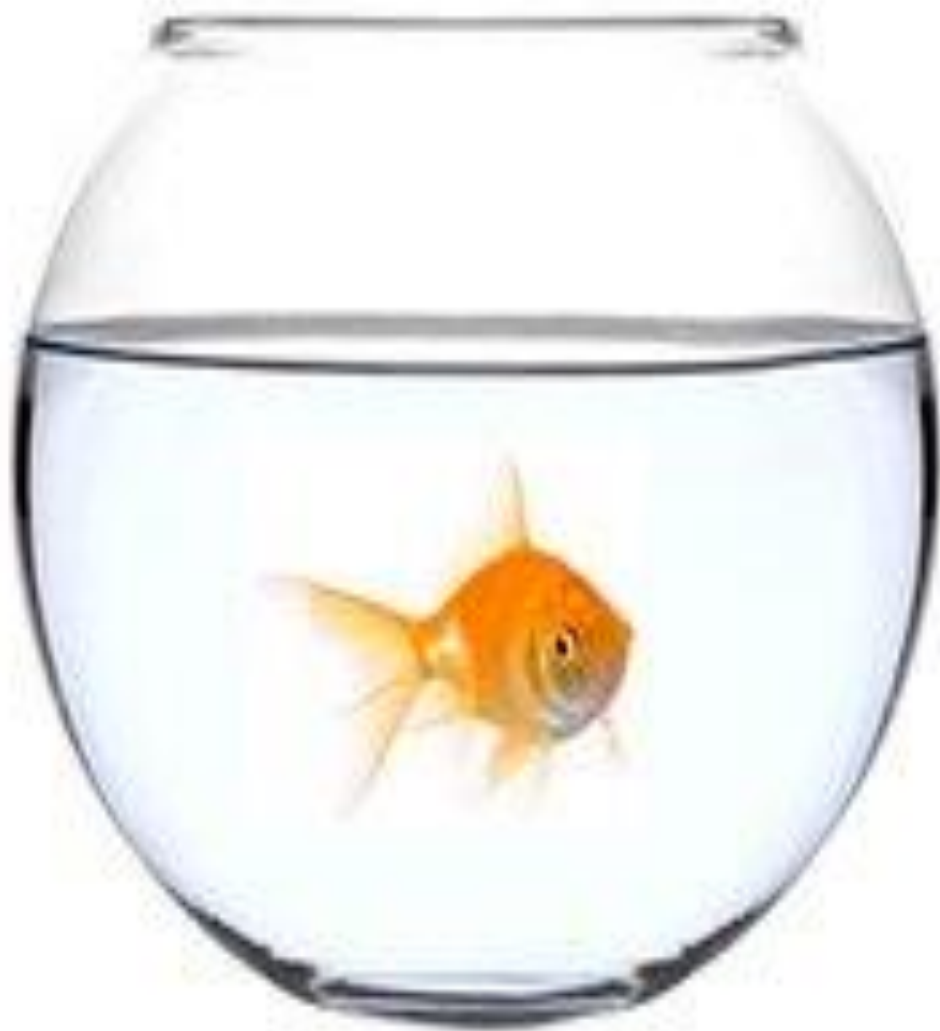
what the hell is that?



**oh,
just my mind**



Growing up





I had never really
felt whole and I
thought my lack of
wholeness was
somehow my fault.



lost
at school

A MESSAGE TO THE "MISFITS" OF THE WORLD:

Each time you boldly step forward and say,
"This is who I am,"
a piece of our broken world falls into place.

Next time you feel like you don't fit in,
remember this:
You are the missing piece.

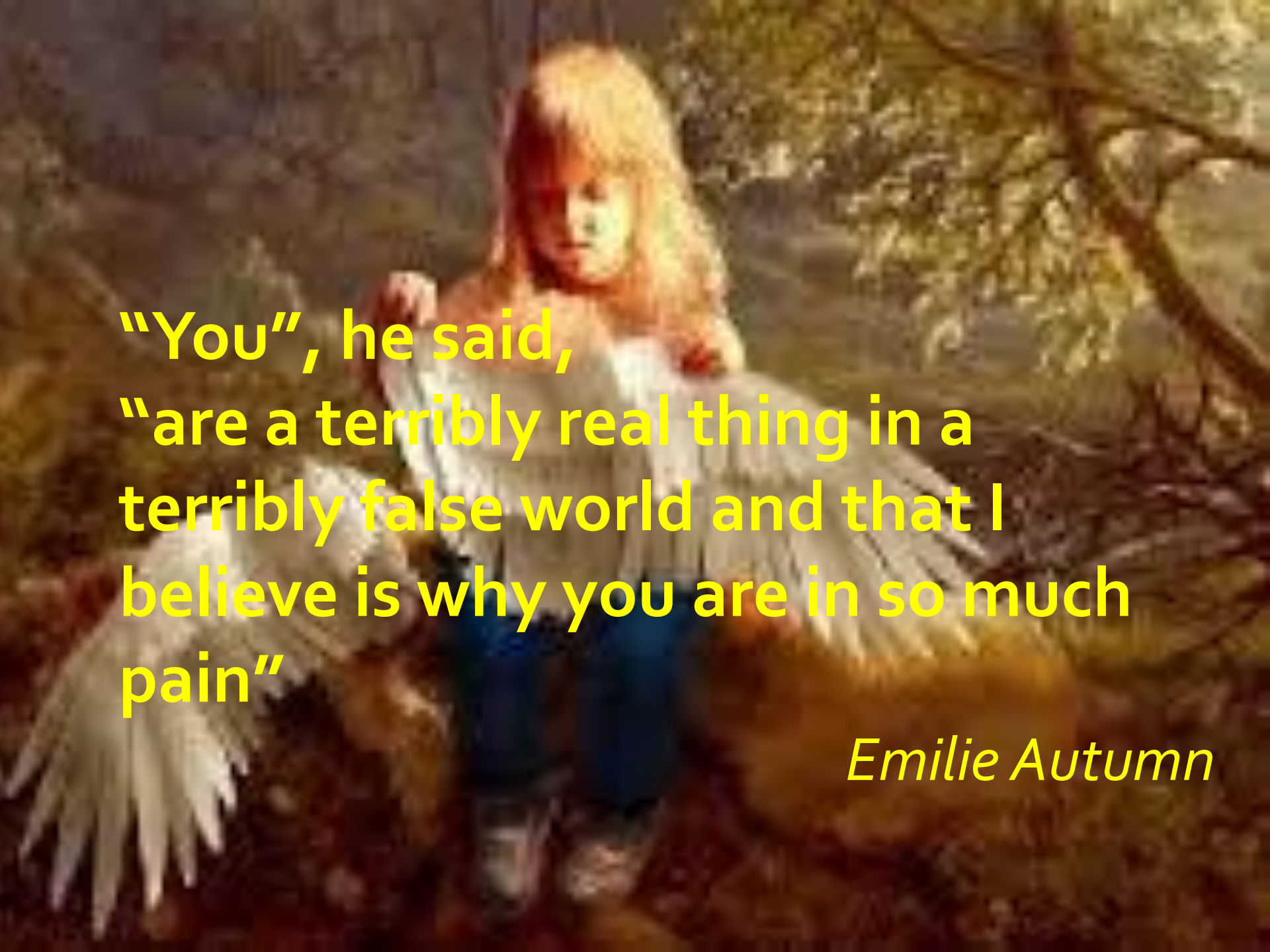
-RACHEL MACY STAFFORD
#ONLYLOVETODAY

EVERYBODY
IS A
GENIUS.
BUT IF YOU
JUDGE A
FISH BY ITS
ABILITY
TO CLIMB
A TREE,
IT WILL LIVE
ITS WHOLE
LIFE
BELIEVING
THAT IT IS
STUPID.

— ALBERT EINSTEIN







**“You”, he said,
“are a terribly real thing in a
terribly false world and that I
believe is why you are in so much
pain”**

Emilie Autumn

THE REASON
WHY WE WON'T
LOVE
OURSELVES IS
THE REASON
TO LOVE
OURSELVES MORE

Robert Holden

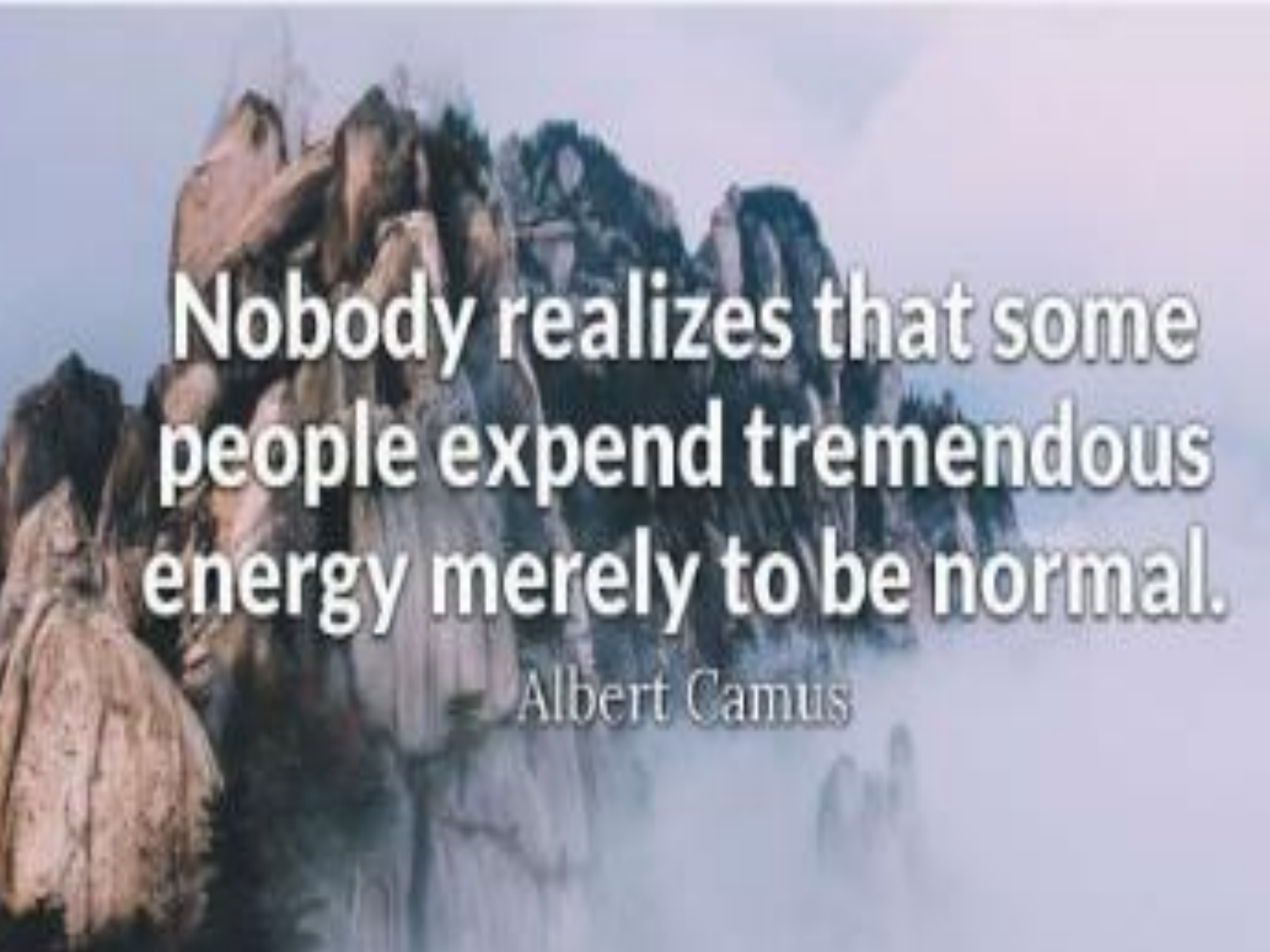
Want people to understand

It's the *inner pain* that I want people to understand.

The *hopelessness* and *shame* of being who I've been and *not having anyone who understands ...*

All the years of being *blamed* or *ignored*

Kiera VanGelder

A group of people are seen climbing a steep, rocky mountain peak. The scene is set against a clear blue sky. The climbers are dressed in outdoor gear, and the terrain is rugged and mountainous. The overall atmosphere is one of physical exertion and achievement.

**Nobody realizes that some
people expend tremendous
energy merely to be normal.**

Albert Camus

When you can't control
what's happening,
challenge yourself to
control the way you
respond to what's
happening.

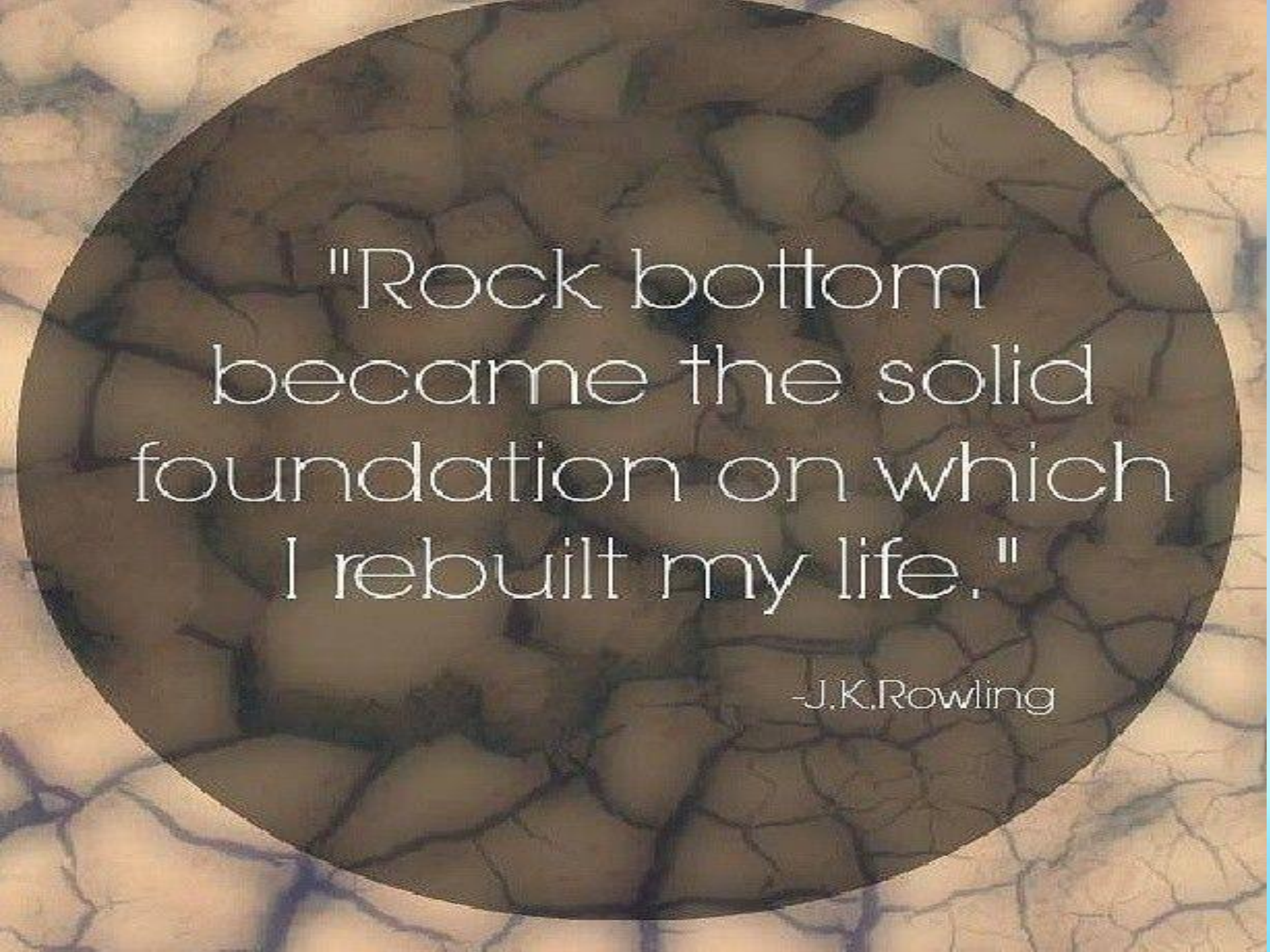
That is where your
power is.

**I had never been taught how to
express pain or release toxic energy
without acting inappropriately.**

**The more pain we hide, the more
inappropriately we act.**

YOU DON'T HAVE A RIGHT
TO THE CARDS YOU BELIEVE
YOU SHOULD HAVE BEEN DEALT.
YOU HAVE AN OBLIGATION
TO PLAY THE HELL OUT OF
THE ONES YOU'RE HOLDING.

Cheryl Strayed



"Rock bottom
became the solid
foundation on which
I rebuilt my life."

-J.K.Rowling



Recovery & Healing



Recovery & Healing



Recovery

BEFORE

LIMITED COPING SKILLS/SUPPORT



- Alcohol
- Self harm
- Prescription drugs
- Destructive behaviours

NOW

MULTIPLE COPING SKILLS/SUPPORT



- God
- Dog
- Nature
- Exercise & Yoga
- Meditation
- DBT (dialectal behavior therapy)
- Mindfulness
- Spiritual Counsellor
- Natural supplements
- External brain
- AA 12 steps
- My support work

Recovery & Healing



*If you know the enemy and
the enemy knows yourself,
you need not fear the results
of a hundred battles*

Sun Tzu

We need to cultivate the same ability to control our perception – stepping between stimulus and response to consciously deliberately choose the optimal way to view the situation.

Good news is we can build that skill!

Kiera VanGelder

FASD Success Keys

Success, hope, happiness and healing can come through understanding FASD as a brain based disability.

*If the focus is on **providing accommodation and environmental change** versus fixing the person, then change happens.*

*If the person's **ability and expectations matchup**, then that person can succeed.*

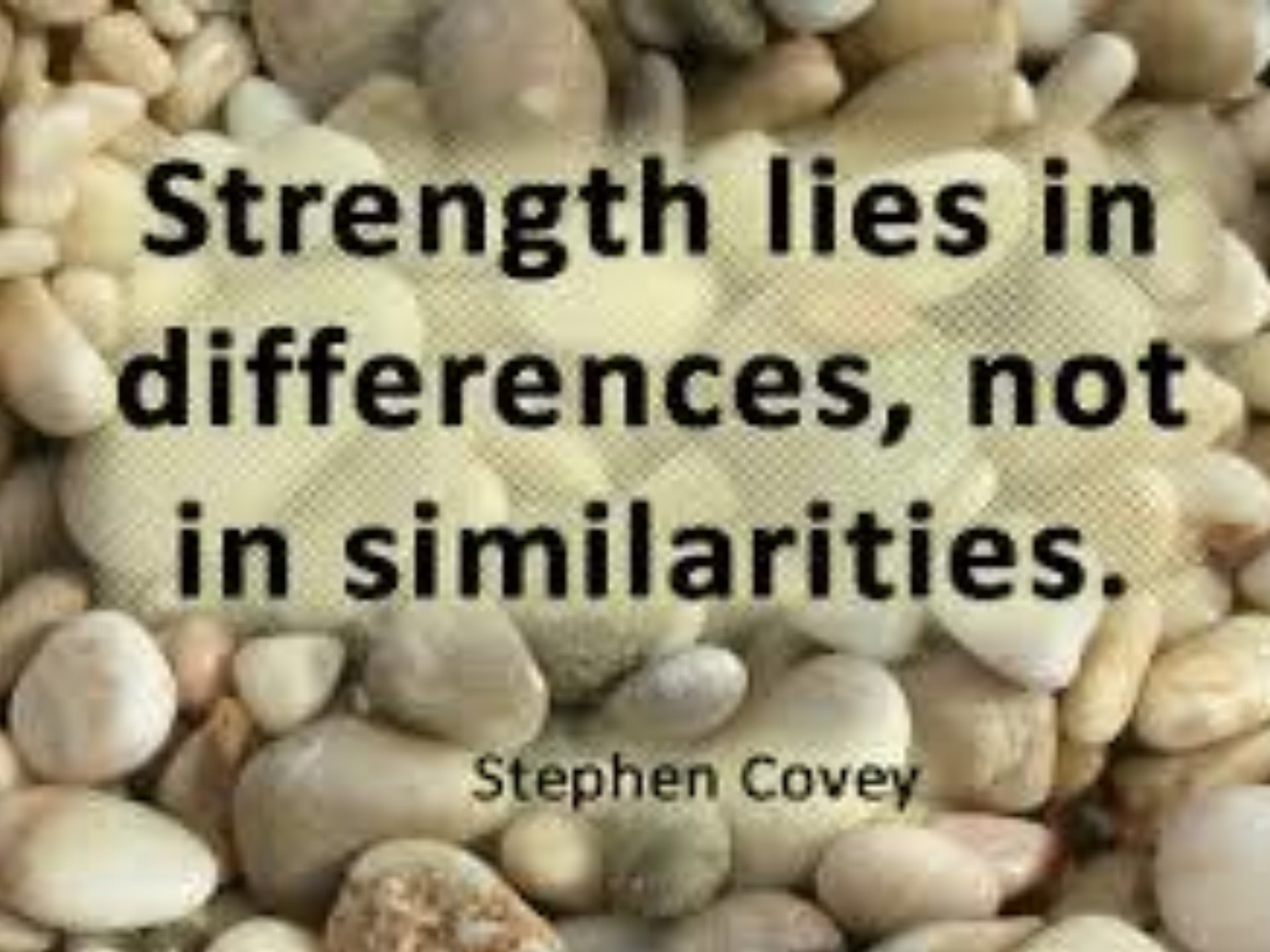
*And if caregivers, family members, loved ones and support people are **educated and understand** the whys behind behavioral differences then true healing can occur.*

Adrienne Bashista
Writer, Speaker, Trainer

There is no
exquisite *beauty*
without some
strangeness



EDGAR ALLEN POE



**Strength lies in
differences, not
in similarities.**

Stephen Covey

**Go and love someone exactly as they are
and then watch how quickly they
transform into the greatest, truest version
of themselves. When one feels seen and
appreciated in their own essence one is
instantly empowered.**

Wes Angelozzi

Until you cross the bridge of your
insecurities you can't begin to explore
your possibilities.

Tim Fargo



ANY
QUESTIONS
?



Thank
You