

SPRING 2010



# FASD RESOURCE GUIDE

THE FETAL ALCOHOL SPECTRUM DISORDERS COMMITTEE OF MECKLENBURG  
INFORMATION, PROGRAMS & COMMUNITY RESOURCES



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## Think Before You Drink. Don't Drink Alcohol While You Are Pregnant.

Welcome to the FASD Resource Guide. On behalf of the Fetal Alcohol Spectrum Disorders Committee (FASDC) of Mecklenburg, we are pleased to present this resource guide to the community. The guide includes key facts and information about Fetal Alcohol Spectrum Disorders. This guide has been prepared for individuals and families who are living with the results of fetal alcohol effects and for professionals who seek to prevent fetal alcohol exposure. We hope you find useful information here and welcome any suggestions to make our guide helpful and relevant.

### ***About FASDC of Mecklenburg***

The Fetal Alcohol Spectrum Disorders Committee (FASDC) of Mecklenburg is a subcommittee of the Charlotte Mecklenburg Drug Free Coalition. FASDC began as an idea for prevention in October 2004. Research has shown that Fetal Alcohol spectrum Disorders are 100% preventable if pregnant women refrain from drinking alcohol. This was the motivating factor behind the beginnings of our committee. A small group of dedicated people representing The Arc of Mecklenburg County, Anuvia Prevention & Recovery Center, CASCADE Services, Substance Abuse Prevention Services and community volunteers have collaborated to address the issue of women consuming alcohol during pregnancy. The goals of FASDC have been to raise awareness about FASD and to provide prevention education in the community.

Our efforts have been supported by grants and donations from the Alcohol and Beverage Commission and individual citizens in the community. These grants have helped to produce FASD educational materials and media awareness campaigns. These funds have allowed us to sponsor a conference on FASD, hold trainings for medical professionals and provide prevention education to many organizations in the community.

An objective of FASDC is to help families and individuals who struggle with the effects of FASD by providing information and resources. It is our hope that this resource guide will offer some guidance to those who are searching for more information on FASD.

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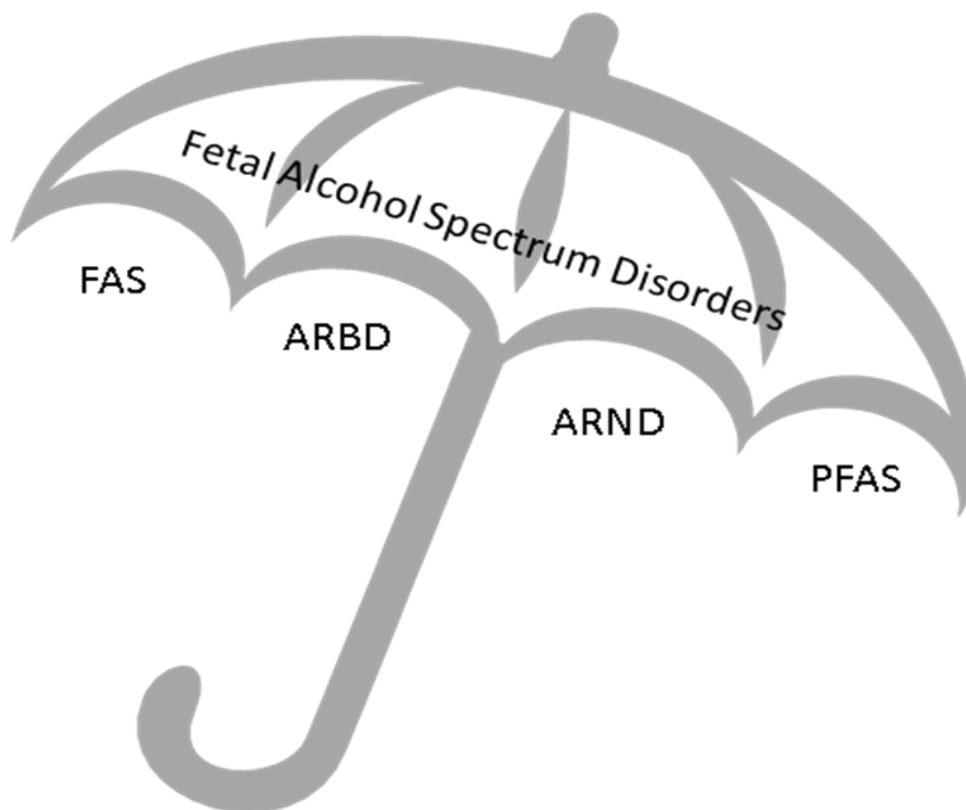
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## Section I: Understanding Fetal Alcohol Spectrum Disorders

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### *What is FASD?*

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term used to describe the range of effects that can occur in a baby who is prenatally exposed to alcohol. FASD is not a clinical diagnosis, rather it is a term that includes alcohol-related disorders such as fetal alcohol syndrome (FAS), alcohol-related neurodevelopmental disorder (ARND), alcohol-related birth defects (ARBD) and partial Fetal Alcohol Syndrome (PFAS). These disorders can result in damage to the baby's brain, heart, kidneys and other organs, causing a lifetime of problems. FASD is not genetic nor is it caused by the biological father's alcohol use. **The sole cause of FASD is a woman drinking alcohol during pregnancy.** There is NO safe time, NO safe amount, and NO safe alcohol to consume during pregnancy. FASD can affect anyone regardless of ethnicity, income or educational level. There is no cure for any effects of FASD and is 100% preventable if a woman does not drink while she is pregnant.



## ***Fetal Alcohol Syndrome***

Fetal Alcohol Syndrome (FAS) is one of the most serious consequences of drinking alcohol during pregnancy. It is estimated that 1 to 3 babies per 1,000 live births are born with Fetal Alcohol Syndrome. FAS can occur anytime if a woman drinks while she is pregnant. In order to diagnose a baby with FAS there must be confirmed maternal alcohol exposure, at least three facial abnormalities present and all other diagnostic criteria must be met. Babies diagnosed with fetal alcohol syndrome may have a low birth weight; a small head circumference; small, widely spaced eyes; short, upturned nose; thin, upper lip and a smooth philtrum (vertical groove located between the nose and the upper lip).

## ***Other Effects of Prenatal Alcohol Exposure: ARND, ARBD, PFAS***

### Alcohol-Related Neurodevelopmental Disorder (ARND)

Children with ARND have mental impairments that affect their learning and behavior. There is confirmed prenatal maternal alcohol exposure. Children with ARND have learning and/or behavioral problems that are associated with prenatal alcohol exposure but do not have the typical facial differences or growth problems. These children may not appear to have a disability, but they do have brain damage.

### Alcohol-Related Birth Defects (ARBD)

Children with ARBD have confirmed prenatal alcohol exposure and alcohol-related birth defects. There may be one or more congenital birth defects, including but not limited to cleft palate, eye problems, hearing problems, heart defects, kidney and genital changes.

### Partial Fetal Alcohol Syndrome (PFAS)

Children with PFAS have a confirmed prenatal exposure to alcohol. Their faces look different and they have one of the following: growth problems, unexplained learning or behavioral problems.

## ***Prenatal Alcohol Use***

Any woman of childbearing age is at risk of having a child with an FASD if she drinks alcohol during her pregnancy. Alcohol can harm a fetus at any time, even before a woman knows that she is pregnant. Drinking alcohol any time during the pregnancy can cause serious damage to the fetus' brain because the fetal brain is developing throughout the entire pregnancy. A baby who is prenatally exposed to alcohol can have permanent brain damage or may grow up to have mental retardation, learning disabilities, hyperactivity, poor judgment and impulse control or problems with memory, attention, and social skills.



Many women drink early in pregnancy but stop drinking when they learn they are pregnant. Others cannot stop drinking without help. Women who have given birth to children with an FASD and continue to drink are at very high risk of having additional children with an FASD. If a woman is pregnant, it does not matter what form the alcohol comes in (beer, light beer, non-alcoholic beer, wine, liquor, wine spritzers, wine coolers or alcopops) **NO FORM OF ALCOHOL IS SAFE** to drink! Women should also check labels on beverages and food for alcohol content.

### **FASD Facts**

- ♥ FASD is the leading known cause of mental retardation.
- ♥ Alcohol is a teratogen, a substance that can harm a fetus.
- ♥ FASD affects 1 in 100 births or as many as 40,000 infants each year.
- ♥ 1 in 10 pregnant women drinks alcohol.
- ♥ 1 in 25 pregnant women engages in binge drinking.
- ♥ Approximately 25% of people with FASD also have some form of mental retardation.
- ♥ Annually, FAS costs up to \$6 billion in direct and indirect costs.
- ♥ For one individual with FAS, the lifetime cost is at least \$2 million.
- ♥ Any form of FASD is 100% preventable.

## ***Diagnosing FASD***

There is no test to diagnose a child with an FASD. Fetal Alcohol Spectrum Disorders can only be diagnosed by a physician during a clinical exam. During the exam, the doctor checks to see if a child has any of the features associated with FASD. A child must have features within all groups to be diagnosed with FAS (Fetal Alcohol Syndrome).

A diagnosis of FAS requires:

- Confirmed maternal history of alcohol consumption during pregnancy
- Abnormal facial features present:
  - Small head
  - Smooth philtrum
  - Small lower jaw
  - Short up-turned nose
  - Smooth thin upper lip
  - Small and narrow eye openings
- Growth deficiency is defined as significantly below average height, weight or both due to prenatal alcohol exposure. These children have problems growing in the womb and after birth. Children tend to be less than the 10<sup>th</sup> percentile in height and/or weight when compared with other children their age.
- Central nervous system damage or brain damage can result in the baby or child having learning problems, behavioral problems, hyperactivity, short attention span, and small head size.

## ***Primary Disabilities***

Primary disabilities are the birth and cognitive defects that the child is born with as a result of damage caused by prenatal alcohol exposure.

Some babies born with primary disabilities may have:

- Mental retardation or lower IQ
- Impaired ability in reading, spelling, and arithmetic.
- Lower level of adaptive functioning.
- Impaired cognitive functioning
- Developmental delay
- Brain damage that can result in mental retardation
- Faces that do not look “normal”: short nose, thin upper lip, smooth philtrum, small jaw, small eye openings
- Small head size due to a smaller brain
- Shorter-than-average height and slow growth
- Low body weight

## ***Secondary Disabilities***

The secondary disabilities of FASD are disabilities that children are not born with but develop as they get older. These disabilities often emerge over time due to a mismatch between primary disabilities and environmental expectations.

Secondary disabilities can be improved with early intervention and appropriate supportive services.

There are six main secondary disabilities associated with FASD:

- 1. Mental Health Issues:** FASD can co-occur with a mental health or substance abuse disorder. Attention deficit/hyperactivity disorder (ADHD) is the most common mental health issue for children and adolescents with FAS. Other mental health problems that are often seen include depression, anxiety, suicidal thinking, and schizophrenia.
- 2. Disrupted School Experience:** Suspension and expulsion from school and dropping out of school are common. These youth tend to have problems with behavior and with completing their schoolwork. Additional problem behaviors include being disruptive in class; fighting; not paying attention; and disobeying the rules. These problems can cause feelings of failure, low self esteem, and lack of drive, which can result in a desire to drop out of school.

- 3. Trouble with the Law:** Individuals with FAS tend to act before they think and have poor judgment. Therefore, they often have trouble obeying the law. Many teens and adults with FAS have problems such as stealing and shoplifting and such problems can lead to individuals to be charged and convicted.
- 4. Being Jailed or Hospitalized:** People with FAS experience problems with the law and can be sent to jail. Additionally, many people with FAS are admitted to hospitals for mental health reasons or placed in drug treatment programs for substance abuse problems.
- 5. Inappropriate Sexual Behavior:** Many individuals with FAS demonstrate sexual behaviors that show poor judgment. These behaviors include sexual advances, sexual touching, and promiscuity.
- 6. Alcohol and Drug Problems:** Alcohol and drug problems are common for teens and adults with FAS.

Additional issues affecting those individuals with Secondary disabilities are dependent living situations, employment problems and problems with parenting.

## ***Frequently Asked Questions about FASD***

### **Why do some women who drink while pregnant have children without FASD?**

Alcohol may affect each woman's unborn baby differently. However, it is not always easy to tell if a newborn baby has FASD. A mother who drank alcohol while pregnant may give birth to a baby that appears and acts normal. However, as the child grows, he or she may start to show some of the harmful effects of alcohol such as slow growth, being small, learning and behavior problems or mental retardation.

### **What if I drank before I knew I was pregnant? What should I do?**

The best advice is to stop drinking for the remainder of your pregnancy. Get regular prenatal care and follow the advice of your doctor.

### **Can a father's drinking cause FASD?**

No. The alcohol that a father drinks will not directly affect the unborn baby. However, a father's role is important in making sure his baby is born healthy. This means he should not encourage the woman to drink while she is pregnant. The father should also try to avoid situations that may lead to his pregnant partner drinking alcohol.



### **Can FASD be cured and will these problems go away?**

FASD lasts a lifetime and unfortunately FASD cannot be cured. However, it is 100% preventable if a woman does not drink while she is pregnant. The learning and behavior problems that a child with FASD may have will last for a child's whole life. People with severe problems may not be able to take care of themselves as adults and may never be able to work.

### **Can FASD be treated?**

Surgery can repair some of the physical problems of FASD. Although mental retardation and growth problems cannot be cured, early intervention and education programs can help children with FASD learn and reach their potential.

**I suspect my child, or a child in my care, might have FASD. What should I do?**








If you think your child might have an FASD, talk to your child's doctor and share your concerns as soon as possible. If you or your doctor thinks there could be a problem, ask the doctor for a referral to a specialist (someone who knows about FASD), such as a developmental pediatrician, child psychologist, or clinical geneticist.

## Section II: Responsible Alcohol Use

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### *What is a Standard Drink?*

Many people are surprised to learn what counts as a standard drink. One standard alcoholic drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof spirits.

<b>12 oz. of beer or cooler</b>	<b>8-9 oz. of malt liquor</b> 8.5 oz. shown in a 12-oz. glass that, if full, would hold about 1.5 standard drinks of malt liquor	<b>5 oz. of table wine</b>	<b>3-4 oz. of fortified wine</b> (such as sherry or port) 3.5 oz. shown	<b>2-3 oz. of cordial, liqueur, or aperitif</b> 2.5 oz. shown	<b>1.5 oz. of brandy</b> (a single jigger)	<b>1.5 oz. of spirits</b> (a single jigger of 80-proof gin, vodka, whiskey, etc.) Shown straight and in a highball glass with ice to show level before adding mixer*
						
<b>12 oz.</b>	<b>8.5 oz</b>	<b>5 oz.</b>	<b>3.5 oz.</b>	<b>2.5 oz.</b>	<b>1.5 oz.</b>	<b>1.5 oz.</b>

Standard Drink Table from Rethinking Drinking-National Institute on Alcohol Abuse and Alcoholism (NIAA) [www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)

*“Of all the substances of abuse (including cocaine, heroin, and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”*

*-IOM Report to Congress, 1996*

## ***Responsible Alcohol Use Guidelines***

If you choose to drink alcohol, please do so responsibly by following these recommended alcohol consumption guidelines below:

**0**- Zero Alcohol if you're:

- Pregnant or trying to get pregnant
- Breastfeeding
- Under the age of 21
- Operating any type of vehicle or machinery
- Recovering alcoholic or chemically dependent
- Using certain medications

**1**- No more than 1 standard alcoholic drink per day for women who are not pregnant and are not trying to get pregnant or breastfeeding.

**2**- No more than 2 standard alcoholic drinks per day for men.

Remember ALL drinks containing alcohol can hurt an unborn baby, even beer and wine coolers. A standard drink is defined as 0.60 ounces of pure alcohol. This is equivalent to a 12-ounce of beer or wine cooler, 5-ounce glass of wine, or 1.5 ounces of 80 proof distilled spirits (hard liquor). Some alcoholic drinks have high alcohol concentrations and come in larger containers (22-45 ounce containers).

Remember that no size, type or amount of alcohol a woman consumes during her pregnancy is safe. If you are pregnant or trying to get pregnant, you should refrain from drinking alcohol. There is no cure for Fetal Alcohol Spectrum Disorders (FASD), and this disorder is 100% preventable when pregnant women abstain from alcohol.

**If you are pregnant and cannot stop drinking, get help!  
Contact your doctor, local Alcoholics Anonymous, or local alcohol  
treatment center.**

## Section III: FASD Prevention & Risk Reduction

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### ***For Partners, Family, and Friends***

Many women are unaware of the consequences of drinking during pregnancy. Some women believe wine and beer are not types of alcohol. In many cases, she may be suffering from alcoholism. She may also need to understand the effects of alcohol on the baby and may need assistance getting into treatment. In such cases, you should contact a treatment professional at a local addiction center for assistance and referrals into treatment. It is often easier to change a habit with the help and support of a partner, friend, or family member. Behavior change is a difficult process, but support makes a difference and determines the success of recovery.

Here are other things you can do to help:

- Assist in planning strategies to stop or cut back on drinking
- When needed, support her on the telephone
- Do things that are enjoyable together that do not involve alcohol
- Be understanding and a good listener
- Encourage the use of alternative, nonalcoholic beverages
- Be a cheerleader and help her believe she can succeed
- Encourage her to follow up with her health care provider

Suggestions of what *NOT* to do:

- Don't be judgmental or critical
- Don't expect instant success or perfect results
- Don't get discouraged
- Don't overextend yourself and be honest about what you are able to do

A partner can do many things to help you during the pregnancy:

- Help minimize stress for you and your baby
- Be patient and supportive
- Promote good nutrition and a healthy lifestyle
- Make exercise a part of your lives
- Attend prenatal visits with you

## ***For Young People***

Young people can help prevent FASD by:

- Abstaining from alcohol use and from sexual intercourse
- Volunteering with local FASD or substance abuse prevention coalitions
- Organizing an FASD presentation for their school or other peer organization
- Creating a peer education program to teach others about the consequences of drinking while pregnant
- Writing letters to the editor or informational articles to their school newsletters or magazines that interest their age group
- Select FASD as a topic for a school project
- Encourage school/teachers to include FASD in their curriculum

## ***Community Efforts to Prevent FASD***

- Prevention Starts With Asking! Talk about alcohol use and ask questions to women who may be pregnant or who may be trying to get pregnant about their alcohol use
- Raise Awareness in Schools
- Raise Awareness in the Community
- Hold an assembly to talk about the effects of alcohol on a person and on a baby
- Post FASD information in doctors' offices, treatment centers, and community centers
- Promote FASD Awareness Day (September 9)



## ***For Doctors, Physicians and Health Educators***

Ask all women of childbearing age about alcohol use:

- Ask routinely at every medical appointment
- Ask at appointments in various systems
- Ask in a nonjudgmental manner
- Use effective screening tools for alcohol use
- Ask about possible prenatal exposure to alcohol
- Imbed questions about alcohol use in general health questions (e.g. wearing seat belts, taking vitamins, smoking, etc.)

Research shows that brief interventions can help reduce alcohol use among women of childbearing age, whether pregnant or not pregnant. Typical brief interventions include outreach, screening, referral, and other activities that promote the health of the mother and the fetus.

Brief interventions have been effectively implemented by health professionals in primary care, emergency, and substance abuse treatment settings, and also on college campuses.

## ***Who Can Help a Woman Abstain from Alcohol?***

***Men, Women, Family, Friends, Healthcare Providers, Educators... EVERYONE!***

While FASD awareness may seem like it's just about women who are pregnant, IT'S NOT! Anyone can help a woman remain alcohol-free during pregnancy.

## Section IV: Centers for FASD Diagnosis

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### *Genetic Centers for FASD Diagnosis*

#### Asheville

Fullerton Genetics Center  
11 Vanderbilt Park Drive  
Asheville, NC 28803  
Phone: (828) 213-1051 or (888) 810-2800

#### Chapel Hill

Department of Pediatrics Division of Genetics and Metabolism University of North Carolina  
University of North Carolina,  
Chapel Hill, NC 27599-7250  
Phone: (919)966-4202

#### Charlotte

Clinical Genetics Center Carolinas Medical Center  
P.O. Box 32861  
Charlotte, NC 28232-2861  
Phone: 704-355-3159

#### Durham

Department of Pediatrics, Division of Genetics, Division of Genetics - Duke  
University Medical Center  
P.O. Box 3528  
Durham, NC 27710  
Phone (919) 684-2036  
<http://pediatrics.duke.edu/>

#### Greenville

Department of Pediatrics, Division of Genetics - East Carolina University, School  
of Medicine  
Brody Building  
7000 Moyer Blvd  
Greenville, NC 27858-4354  
Phone: (252) 744-2525

Winston Salem

Wake Forest University School of Medicine, Department of Pediatrics, Medical Genetics

Medical Center Boulevard

Winston-Salem, NC 27157

Phone: (336)713-7573

<http://www.brennerchildrens.org/Services/genetics/>

## **Section V: Substance Abuse Treatment Programs**

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### ***Substance Abuse Treatment Programs for Pregnant and Parenting Women***

The Cambridge Place  
827 N. Brightleaf Blvd,  
Smithfield, NC 27577  
Phone:(919)-989-8114

CASCADE at Durham/Community Choices Inc.  
CASAWORKS  
Perinatal Program  
1800 Martin Luther King Blvd  
Durham, NC 27707  
Phone:(919)-490-6900

CASCADE/Community Choices Inc.  
CASAWORKS  
Perinatal Program  
5800 Executive Center Dr, Suite 101  
Charlotte, NC 28212  
Phone:(704) 336-4844

Crystal Lake Maternal  
PO Box 190,  
Lakeview, NC 28350  
Phone: (910)-245-4339

Daybreak Perinatal @ Horizons  
PO Box 9438  
Chapel Hill, NC 27515  
Phone: (919)-960-3775  
East Coast Solutions Kelly House  
605 Nixon Street, Unit 3  
Wilmington, NC, 28401  
Phone:(910)-251-5328

Eastern Region Women's and Infants Project (ERWIP) at Walter B. Jones  
ADATC  
2577 W. 5th St.  
Greenville, NC, 27834  
Phone: (252)-707-5033

Grace Court Transitional  
3750 Meadow View Rd, A1,  
Lumberton, NC 28358  
Phone: (910) 618 9869

The Julian F. Keith Alcohol and Drug Abuse Treatment Center (JFK ADATC)  
201 Tabernacle Rd  
Black Mountain, NC 28711-2526  
(828) 257-6449

Kinton Court/Perinatal  
PO Box 14049  
Raleigh, NC 27620  
Phone: (919) 250-1536

Mary Benson House  
450 Montford Avenue,  
Asheville, NC, 28801  
Phone: (828)-252-5280

Our House  
PO Box 2882,  
Pembroke, NC 28372  
Phone: (910)-521-1464

R. J. Blackley ADATC  
1003 12th St  
Butner, NC 27509-1626  
(919) 575-7928

Sunrise Perinatal @ Horizons  
PO Box 9438  
Chapel Hill, NC 27515  
Phone: (919)-960-3775

The Village/Perinatal/Maternal  
108 W. Fire Tower Rd., Unit E  
Winterville, NC 28590  
Phone: (252)-752-5555

Walter B. Jones ADATC  
2577 W. 5th Street  
Greenville, NC 27834  
Phone: (252) 830-3426  
Fax: (252) 830-8585

## Section VI: Support Groups and Education Resources

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### ***Family Support Groups***

Children with Special Health Care Needs Hotline  
1916 Mail Service Center  
Raleigh, NC 27699-1916  
Toll Free: (800) 737-3028

Disability Rights of North Carolina  
2826 Glenwood Avenue, Suite 550  
Raleigh, NC 27608  
Toll Free: (877) 235-4210  
[www.disabilityrightsn.org](http://www.disabilityrightsn.org)  
Email: [info@disabilityrightsn.org](mailto:info@disabilityrightsn.org)

Family Support Network of North Carolina  
University of North Carolina, CB #7340  
Chapel Hill, NC 27599-7340  
Toll Free: (800) 852-0042  
[cdr@med.unc.edu](mailto:cdr@med.unc.edu)  
[www.fsnn.org](http://www.fsnn.org)

Family Support Network of Western North Carolina  
11 Vanderbilt Park Drive  
Asheville, NC 28803  
Phone: (828) 213-0044  
[http://missionhospitals.org/body\\_childrens.cfm?id=572%20](http://missionhospitals.org/body_childrens.cfm?id=572%20)

Families Information Resources Support & Technology (F.I.R.S.T.)  
PO Box 802, Asheville, NC 28802  
Phone: (828) 277-1315 Fax: 828-277-1321  
Toll-Free: (877) 633-3178  
<http://www.firstwnc.org>

Mental Health Services  
NC Division of Mental Health, Developmental Disabilities & Substance Abuse  
Services Advocacy and Customer Service Section  
Phone: (919) 715 3197  
DHHS CARE-LINE: 1-800-662-7030 (Voice/Spanish)  
<http://www.dhhs.state.nc.us/MHDDSAS/lmedirectory.htm>

North Carolina Early Intervention Services  
1916 Mail Service Center  
Raleigh, NC 27699-1916  
Phone: (919) 707-5520  
<http://www.ncei.org/ei/itp/cdsa.html>

### ***Support Group Web-based Forums and Discussion Boards***

Fetal Alcohol Syndrome Family Resource Institute  
[www.fetalalcoholsyndrome.org](http://www.fetalalcoholsyndrome.org)

The Fetal Alcohol Syndrome Family Resource Institute is a non-profit educational organization that helps to identify, understand and care for each person with FASD.

FAS World

[www.fasworld.com](http://www.fasworld.com)

FASWorld Canada is a pro-active, non-profit organization dedicated to the significant reduction of the incidence of Fetal Alcohol Spectrum Disorders (FASD).

National Organization on Fetal Alcohol Syndrome

[www.nofas.org/advocate](http://www.nofas.org/advocate)

NOFAS promotes the prevention of FAS/FASD and supports a better quality of life for individuals and families affected by the disorder.

Fetal Alcohol and Drug Unit

<http://depts.washington.edu/fadu/>

The Fetal Alcohol and Drug Unit is a research unit dedicated to the prevention, intervention and treatment of Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE). The main goals are to conduct research on fetal alcohol and drug effects across the life span, to disseminate information on fetal alcohol and drug effects, to provide consultation for persons of any age thought to be affected by prenatal exposure to alcohol, and to provide training in human behavioral teratology.

FASD Lane

[www.fasdlane.com](http://www.fasdlane.com)

FASD Lane is a place for adults with Fetal Alcohol Syndrome (FAS), Fetal Alcohol Effects (FAE), or any of the disorders defined as Fetal Alcohol Spectrum Disorders (FASD).

FASlink

[www.acbr.com/fas](http://www.acbr.com/fas)

FAS link Fetal Alcohol Disorders Society Research, Information, Support and communications. FASlink serves more than 400,000 people annually through this website and the discussion forum. The FASlink Archives provide access to more than 130,000 documents on FASD related issues.

### ***Training and Education Resources***

FASDC of Mecklenburg

[www.anuvia.org](http://www.anuvia.org)

FASDC of Mecklenburg is made up of a coalition of different agencies working on prevention projects include training at-risk populations about FASD, providing educational materials to professionals about FASD, and bringing public awareness around FASD to the community through media, such as newspaper ads and billboards.

Do2Learn

[www.do2learn.com](http://www.do2learn.com)

Website for Do2Learn and contains educational resources for special needs children like schedule boards, aids for teaching math and an "FASD Toolbox" for teachers.

FASSTAR Enterprises

[www.fasstar.com](http://www.fasstar.com)

FASSTAR (Fetal Alcohol Syndrome: Support, Training, Advocacy and Resources) Enterprises website contains an FAS Community Resource Center and technical training.

## Section VII: FASD Information Websites

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National Institute on Alcohol Abuse and Alcoholism

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

Information on FASD, its prevalence and research on alcohol and pregnancy.

National March of Dimes

[www.modimes.com](http://www.modimes.com)

March of Dimes is dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality.

National Center on Birth Defects and Developmental Disabilities,  
Centers for Disease Control

[www.cdc.gov/fasd](http://www.cdc.gov/fasd)

CDC has been involved in FASD related activities since 1991. The mission of the CDC's FAS Prevention Team is to prevent fetal alcohol syndrome and other prenatal alcohol-related conditions and ameliorate these conditions in children already affected.

National Organization on Fetal Alcohol Syndrome

[www.NOFAS.org](http://www.NOFAS.org)

The National Organization on Fetal Alcohol Syndrome (NOFAS) is a public health advocacy organization that develops and implements innovative ideas in prevention, education, intervention, and public policy in communities both nationally and internationally.

Substance Abuse Mental Health Services Administration (SAMHSA) FASD Center  
for Excellence

[www.fascenter.samhsa.gov](http://www.fascenter.samhsa.gov)

The FASD Center for Excellence is a Federal initiative devoted to preventing and treating FASD. They provide information and resources about FASD. They also provide materials you can use to raise awareness about FASD. Additionally, The Center is dedicated to providing training, technical assistance, and conference/event speakers.

Fetal Alcohol Syndrome Consultation, Education and Training Services  
[www.FASCETS.org/info](http://www.FASCETS.org/info)

Services available through FASCETS are designed to increase understanding, build on strengths, expand options for developing effective parenting and professional techniques, enhance existing programs and support the development of new programs. Short term goals include increased effectiveness, reduced frustration, and attainment of improved outcomes, including burnout prevention in professionals. The long term goal of this work is to contribute to the prevention of FASD.

Fetal Alcohol Syndrome: A Parents Guide to Caring for a Child Diagnosed with FAS & Organization of Teratology Information Services

[www.otispregnancy.org](http://www.otispregnancy.org)

OTIS, the Organization of Teratology Information Specialists, is a non-profit organization made up of individual services (TIS) throughout North America. OTIS is dedicated to providing accurate evidence-based, clinical information to patients and health care professionals about exposures during pregnancy and lactation.

North Carolina Teratogen Information Service

[www.ncpregnancy.org](http://www.ncpregnancy.org)

The North Carolina Teratogen Information Service's goal is to help expectant mothers avoid exposures during pregnancy that can cause birth defects. These include alcohol, street drugs, certain prescription medications, cigarettes and some chemicals.

British Columbia, Canadian FAS site teaching children with FASD

<http://www.bced.gov.bc.ca/specialed/fas/>

This website and resource guide helps teachers use innovative techniques to teach children with FASD.

FASD Society

<http://www.faslink.org/index.htm>

Fetal Alcohol Disorders Society Research, Information, Support provides information about Fetal Alcohol Syndrome and resources for parents. FASlink serves more than 400,000 people annually through this website and the discussion forum. The FASlink Archives provide access to more than 130,000 documents on FASD related issues.

The Arc of the US

[www.thearc.org](http://www.thearc.org)

The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. It provides an array of services and support for families and individuals and includes over 140,000 members affiliated through more than 730 state and local chapters across the nation. The Arc is devoted to promoting and improving supports and services for all people with intellectual and developmental disabilities.

Fetal Alcohol and Drug Unit at the University of Washington School of Medicine

<http://depts.washington.edu/fadu>

The Fetal Alcohol and Drug Unit is a research unit dedicated to the prevention, intervention and treatment of Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE). Our main goals are to conduct research on fetal alcohol and drug effects across the life span, to disseminate information on fetal alcohol and drug effects, to provide consultation for persons of any age thought to be affected by prenatal exposure to alcohol, and to provide training in human behavioral teratology.

Wrightslaw

[www.wrightslaw.com](http://www.wrightslaw.com)

Parents, educators, advocates, and attorneys come to Wrightslaw for accurate, reliable information about special education law, education law, and advocacy for children with disabilities.

## Section VIII: FASD Media Resources

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### *DVDs and Web Videos*

FASD The Basics

<http://www.fasdcenter.samhsa.gov/>

Slide Show from SAMHSA FASD Center for Excellence.

“The Listening Heart”

DVD about four families and their children with FASD.

“Worth the Trip”

Boston, MA: Vida Health Communications 617-739-1424

A path breaking video guide for parents of children with Fetal Alcohol Syndrome.

Worth the Trip is the first comprehensive video resource about the health, development and learning styles of children affected by fetal alcohol. The film presents strategies for meeting the developmental and behavioral challenges faced by children with FAS and the parents and professionals who care for them.

“Recovering Hope – Mothers speak out about Fetal Alcohol Spectrum Disorders”

Mothers speak about their own discovery of how their addiction impacted their birth children.

“STUDENTS LIKE ME: Teaching Children with Fetal Alcohol Syndrome”

Boston, MA: Vida Health Communications.

This video is part of Vida's new FAS Multimedia Library and was created to help elementary and special educators understand what Fetal Alcohol Syndrome is and provide teaching methods to help children affected by fetal alcohol reach their full potential. Includes: How to recognize a child with FAS in the classroom; How to modify the class environment and adjust teaching methods; How to communicate clearly and plan transitions and unstructured time.

"Journey Through the Healing Circle"

(Series of videotapes, video CDs, and professionally illustrated workbooks)

<http://come-over.to/FAS/LittleFox.htm>

This award winning educational series is designed to help parents and children work with Fetal Alcohol Syndrome.

“What's Wrong with My Child?”

Deerfield, Ill.: Coronet MTI Film and Video, 1990.

[Coronet MTI Film and Video, 108 Wilmont Rd., Deerfield, IL 60015 800-621-2131]

“One for My Baby”

Chatsworth, CA: AIMS Media, 1983.

[AIMS Media, 9710 DeSoto Avenue, Chatsworth, CA 91311-4409 800-367-2467  
FAX 816-341-6700]

“Alcohol and Pregnancy: Fetal Alcohol Syndrome and Fetal Alcohol Effects”

Chatsworth, CA: AIMS Media, 1992.

[AIMS Media, 9710 DeSoto Avenue, Chatsworth, CA 91311-4409 800-367-2467  
FAX 1-816-341-6700]

“Fetal Alcohol Syndrome and Effect: Stories of Help and Hope”

Hazeldon Educational Materials

This film presents a balanced view of the medical and social consequences of Fetal Alcohol Syndrome. Excellent for women in treatment, addiction professionals, and community education programs, the video is centered on the work being done with children affected by fetal alcohol and their families. It provides a factual definition of Fetal Alcohol Syndrome and Effect, explains how children are diagnosed and, most importantly, vividly illustrates the positive prognosis possible for fetal alcohol children. Medical and educational professionals, biological and adoptive parents and siblings, and the children themselves speak in this video about FAS.

“Fetal Alcohol Syndrome/Fetal Alcohol Effect: A Community Perspective”

<http://depts.washington.edu/~fadu/Video.html>

Discusses educational and behavioral aspects of FAS/E. Parent, professionals, and individuals with FAS/E discuss how to deal with the diagnosis. Appropriate for families and health care professionals.

“The Broken Cord: Louise Erdrich and Michael Dorris”

This film explains how traditions of spirit and memory weave through the lives of many Native Americans and how alcoholism and despair have shattered so many other lives. The devastating effect of fetal alcohol syndrome on their adopted son and on the Native American community as a whole is also discussed.

“The School Years”

<http://www.agcmedia.com>

Children whose mothers drank during pregnancy often pay an extremely high price: a lifetime of physical, mental, emotional, and behavioral effects. This series explains the cause of Fetal Alcohol Syndrome (FAS), how to care for the child with FAS and how to better meet the needs of children with FAS.

“What is FAS?”

<http://www.agcmedia.com/>

Evanston, IL: Altschul Group, 1990. (24 minutes)

[Altschul Group, 1560 Sherman Avenue, Suite 100, Evanston, IL 60201800-323-9084 or 800-232-3263]

“David with Fetal Alcohol Syndrome.”

David with FAS (1996) Kanata Productions, National Film Board of Canada & CBC  
A 45-minute video about David Vandenbrink, a 21-year-old man with FAS whose condition went undiagnosed for 18 years.

“FAS: EVERYBODY'S BABY”

<http://come-over.to/FAS/store/fasvideo.htm>

Tucson, AZ: Fasstar Enterprises.

This exciting video focuses on a professionally written play about alcohol's effects on a group of high school students, including a boy whose mother drank alcohol during pregnancy. This 35-minute video is perfect for presentation in the classroom and is enjoyable and educational viewing for adults as well as students of all ages.

## ***Books***

FASD: Trying Differently Rather Than Harder by Diane Malbin, MSW

Fetal Alcohol Syndrome: A Guide for Families and Communities by Ann Streissguth, PhD -  
University of Washington

The Challenge of Fetal Alcohol Syndrome: Overcoming Secondary Disabilities by Ann  
Streissguth, Ph D-University of Washington

The Broken Cord by Michael Dorris

Fantastic Antone Grows Up by Judith Kleinfeld with Barbara Morse & Siobhan Wescott

Fantastic Antone Succeeds by Judith Kleinfeld & Siobhan Wescott

Living with FASD by Sara Graefe

Journey Through The Healing Circle: An Innovative Series on Fetal Alcohol Syndrome  
Produced by the Washington State Department of Social and Health Services (DSHS)

## Section IX: Resource Guide References

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