

Resources for Building and Strengthening FASD Initiatives

Association of University Centers on Disabilities
(AUCD)

Fetal Alcohol Spectrum Disorders
Special Interest Group

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General Information and Training for UCEDD/LEND Personnel and Clinicians

Addressing Fetal Alcohol Spectrum Disorders (FASD). Treatment Improvement Protocol (TIP) Series 58.

Comprehensive guide from the Substance Abuse and Mental Health Services Administration (SAMHSA) that describes best practices in recognizing, screening, diagnosing, and intervening with FASD.

Link <https://store.samhsa.gov/product/TIP-58-Addressing-Fetal-Alcohol-Spectrum-Disorders-FASD-/SMA13-4803>

Central LEND NDD Curriculum Resources: *Fetal Alcohol Spectrum Disorders: Epidemiology, Diagnosis, Neurobiology, and Interventions* (access by password only - available to LEND programs). Includes a variety of resources to be used with trainees, such as articles, case studies, and quizzes.

University of Washington online training for diagnosing FASDs (Online training costs \$110 per person. In-person training has no registration fee.)

<https://depts.washington.edu/fasdprn/htmls/online-train.htm>

<https://depts.washington.edu/fasdprn/htmls/team-train.htm>

CDC FASD resources (Including free training and free continuing education credits for health professionals.)

<https://www.cdc.gov/ncbddd/fasd/index.html>

Modules available:

- FASD Primer for Healthcare Professionals
- Diagnostic Overview of FASDs: Recognition and Referral
- Implementing Alcohol Screening and Brief Intervention in Clinical Practice
- Preventing Alcohol-Exposed Pregnancies (AEPs)
- Interprofessional Collaborative Practice as a Model for Prevention of AEPs

University of Missouri Online Training (Includes training for families and professionals. Training is free. There is a charge for continuing education credits.)

<https://catalystlearningcenter.com>

Modules available:

- Loving and Caring for a Person with FASD
- Alcohol SBI Training for the Healthcare Professional
- Interprofessional Care for a Person with FASD
- Pediatric and Maternity FASD Care Concepts for Family Physicians
- The Role of Occupational Therapy with FASD
- The Role of the Obstetrician/Gynecologist in the Prevention of FASD
- The Role of the Physician Assistant in the Prevention, Diagnosis and Treatment of FASD
- The Role of the Social Worker in Preventing, Identifying, and Treating FASD
- The Role of the Speech Language Pathologist in Treating the Language and Feeding Issues of Children with FASD

Resources for individuals with FASD and Their Families

University of Missouri Online Training (Includes training for families and professionals. Training is free. There is a charge for continuing education credits.) Applicable module: Loving and Caring for a Person with FASD
<https://catalystlearningcenter.com>

Double ARC Support Group for parents and caregivers meets virtually by video chat or phone each month. The Double ARC FASD Center is a program of A Renewed Mind.
<https://www.doublearc.org/parent-support-group>

Preventing FASD

CDC FASD resources (Including free training and free continuing education credits for health professionals.)

Modules applicable:

- Implementing Alcohol Screening and Brief Intervention in Clinical Practice
- Preventing Alcohol-Exposed Pregnancies (AEPs)

<https://www.cdc.gov/ncbddd/fasd/index.html>

University of Missouri Online Training (Includes training for families and professionals. Training is free. There is a charge for continuing education credits.) Applicable module: Alcohol SBI Training for the Healthcare Professional
<https://catalystlearningcenter.com>

CHOICES

CHOICES is a program for women who are not pregnant (but could become pregnant) and who are drinking alcohol at risky levels. It is an evidence-based intervention (i.e., based on activities that research has shown to be valid and effective) that helps women to reduce or stop drinking, use contraception (birth control) effectively, or both. CHOICES uses motivational interviewing to increase a woman's motivation and commitment to change.

Link: <https://www.cdc.gov/ncbddd/fasd/choices-program-prevent-alcohol-exposed-pregnancies.html>

K-12 FASD Education and Prevention Curriculum

The NOFAS Kindergarten through 12th Grade (K-12) FASD Education and Prevention Curriculum is an innovative, first-of-its-kind program that has been proven successful in classrooms across the United States. The curriculum is both educational and fun and consists of the following four modules:

Order the entire curriculum for \$75 + shipping by clicking the link or contact NOFAS:

Email: information@nofas.org **LINK:** <http://www.nofas.org/k-12-curriculum-2/>

The Better Safe Than Sorry Curriculum: designed to promote education regarding alcohol-related birth defects and their prevention. This curriculum is designed to be flexible with respect to a range of student ages and experiences as well as the amount of class time that can be set aside for this topic. National Institute on Alcohol Abuse and Alcoholism (NIAAA) publication.

Link: <http://pubs.niaaa.nih.gov/publications/Science/curriculum.html>

Resources for Educators

8 Magic Keys-DVD

This is a short 21-minute animated video that introduces the topic of Fetal Alcohol Spectrum Disorders (FASD). It demonstrates key strategies that have been proven to help students who experience brain-based disorders become more successful in school and in life. Scenarios depicted in this video represent both secondary and elementary situations. Join Mario as he talks about what it is like to live with an FASD. Mario collects all of the 8 Magic Keys with the support of friends, educators and family.

Order here: <http://www.nofas.org/8-magic-keys-dvd/>

NOFAS Webinar: Triumph: Educating Students with an FAS

Link: <https://www.youtube.com/watch?v=hE--enwtgel&feature=youtu.be>

Presenter Bio: The webinar features Sister Suzette Fisher of Double Arc/NOFAS Ohio. Sr. Suzette earned her Master and Specialist Degrees in Education from Bowling Green State University. In 1992 she co-founded Double ARC, Ohio NOFAS Affiliate, and soon after became immersed in the field of FASD. **Contact her here:** 419.890.1290 sfisher@arenewedmindservices.org

Online training link: <https://www.doublearc.org/triumphtodayonline/>

Link to Triumph Teacher and Parent Workbook: www.doublearc.org/facilitator-training

NOFAS Webinar: Students with FASD: Simple Strategies for Behavioral and Academic Success

Link: <https://www.youtube.com/watch?v=65zuBANPYrI&feature=youtu.be>

Presenter Bio: Deb Evensen, MA, an outspoken advocate for those living with FASD, is a master teacher and behavior specialist with more than 40 years experience teaching children, adolescents and adults. She has been a pioneer in discovering practical solutions that work for individuals with Fetal Alcohol Spectrum Disorders. She brings the unique perspective of one who has spent thousands of hours helping to find solutions within schools and communities across North America facing FASD.

DO2Learn.com Teachers' Toolbox: Providing the proper expectations, interventions, and supports can help individuals with special needs to succeed and learn the skills they need to lead productive lives. While this material is based on techniques that have proven effective for special needs, the tips may be of value for individuals with a range of other disorders that result in behavior, social, and learning problems.

Teacher Toolbox: <http://www.do2learn.com/disabilities/FASDtoolbox/index.htm>

Reach Teach: Educating Elementary and Middle School Children with Fetal Alcohol Spectrum Disorders- Substance Abuse and Mental Health Services Administration

Provides a resource for parents and teachers to use in educating elementary and middle school children with fetal alcohol spectrum disorders (FASD). Discusses FASD in the classroom and strategies for improving school success and parent-teacher communication.

Link: http://www.idanys.org/images/uploads/misc/1278434038_SAMHSA%20-%20Reach%20To%20Teach%20Final%20011107-1.pdf

Resources for Social Services

Fetal Alcohol Spectrum Disorder and Child Welfare

This Canada FASD Research Network issue brief focuses on the experience of the Canadian child welfare system, complete with an examination of the needs surrounding diagnosis, intervention and supports, supporting caregivers, and engagement with other system, as well as recommendations for improving policies and service systems.

Link: <https://canfasd.ca/wp-content/uploads/publications/FASD-and-Child-Welfare-Final.pdf>

Creating Intersections: A Systematic and Person-Centered Harmonizing Framework for Housing Individuals with Fetal Alcohol Spectrum Disorder

An issue brief from the Canada FASD Research Network that presents approaches to supportive housing that can work for individuals with FASD and reduce homeless for the group.

Link: https://canfasd.ca/wp-content/uploads/2019/03/FASD-X-Housing-Pei-2018_Amended-March-04-2019.pdf

Resources for Legal Systems and Criminal Justice (adult and juvenile)

Fetal Alcohol Spectrum Disorders: Implications for Juvenile and Family Court Judge

The National Council of Juvenile and Family Court Judges prepared this technical assistance brief for all involved in courts serving children and youth, including an overview of FASD, legal issues, victims, and parents with an FASD. Link: <https://www.ncjfcj.org/wp-content/uploads/2016/04/NCJFCJ-FASD-Guide-Final-09062016.pdf>

Fetal Alcohol Spectrum Disorders and Justice

This website that is based in Canada is devoted to all aspects of involvement with the justice system includes wide-ranging resources.

Link: <https://fasdjustice.ca/>

Journal of Psychiatry and Law

Volume 38 Issue 4, December 2010 and Volume 39 Issue 1, March 2011 are devoted to FASD and courts.

Professional Associations with FASD Programs

American Academy of Pediatrics:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/default.aspx>

American College of Obstetricians and Gynecologists:

<https://www.acog.org/programs/fasd/>

American Academy of Family Physicians:

https://www.aafp.org/dam/AAFP/documents/patient_care/alcohol/alcohol-manual.pdf

Midwives: <http://ourmomentoftruth.com/your-health/alcohol-and-pregnancy-tips-on-why-and-how-to-stop-drinking-alcohol/>

Helpful Websites

Centers for Disease Control and Prevention: www.cdc.gov/ncbddd/fasd/

National Institute on Alcohol Abuse and Alcoholism (NIAAA): www.niaaa.nih.gov/research/major-initiatives/fetal-alcohol-spectrum-disorders

National Organization on Fetal Alcohol Syndrome (NOFAS): www.nofas.org

FAS Community Resource Center: www.come-over.to/FASCRC (site for families)