

FASD

FETAL ALCOHOL SPECTRUM DISORDERS

Presented by:
On XXXX

FASD

Basic Information

Research and Statistics

FASD Characteristics

Coping and Prevention Strategies

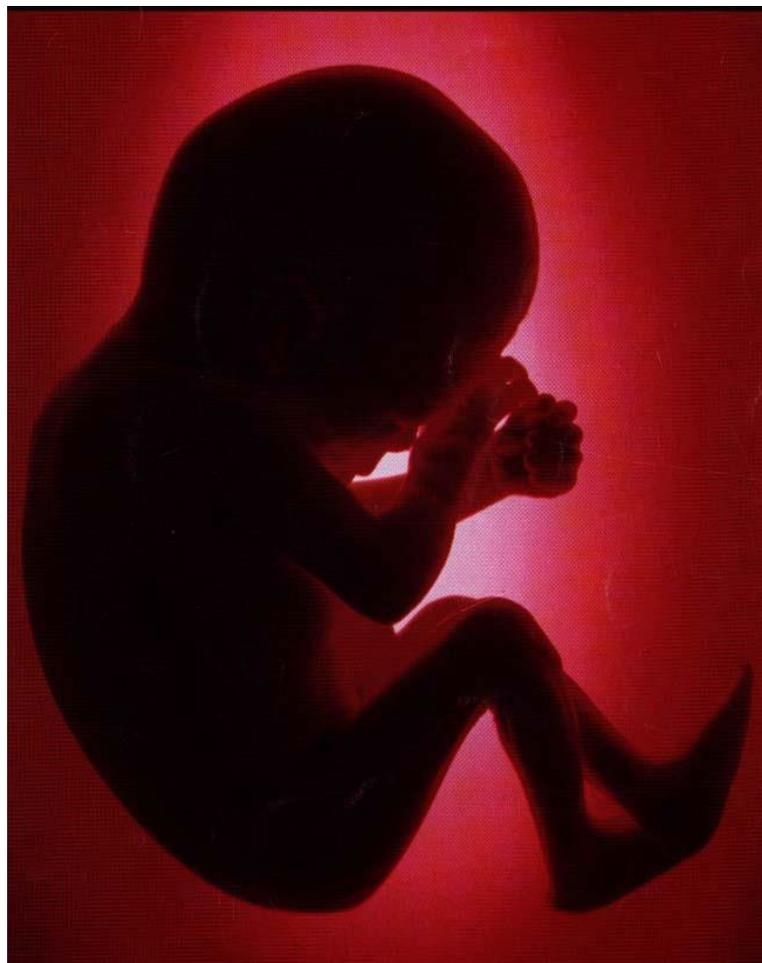
FASD

Basic Information

Definition of FASD

- ▶ Umbrella term describing the range of effects
- ▶ Physical, mental, behavioral, and/or learning disabilities with lifelong implications





FASD

Leading known cause of **preventable** intellectual disability

Leading cause of birth defects and learning and behavioral disorders.

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

--Institute of Medicine Report to Congress (1996)



Alcohol and Pregnancy





Alcohol and Pregnancy Con't

- ▶ **1 In 10** pregnant women in the U.S. report alcohol use
- ▶ **1 In 33** pregnant women report frequent or binge drinking in the past 30 days

– CDC, BRFSS 2012

▶ 51.5% of non-pregnant women report alcohol use in the past 30 days

▶ *Ohio 55.1%*

▶ 15% of non-pregnant women report frequent or binge drinking in past 30 days

▶ *Ohio 20%*



- CDC 2015



FASD

Statistics and research

Statistics and Research



1 in 20
SCHOOL AGED CHILDREN

- Philip May, PhD., et. al.
- Prevalence & Characteristics of FASD
- *Pediatrics* 2014 134855-866

Statistics and Research Con't

Researchers: Dr. Philip May and Dr. Christina Chambers et al., 2018

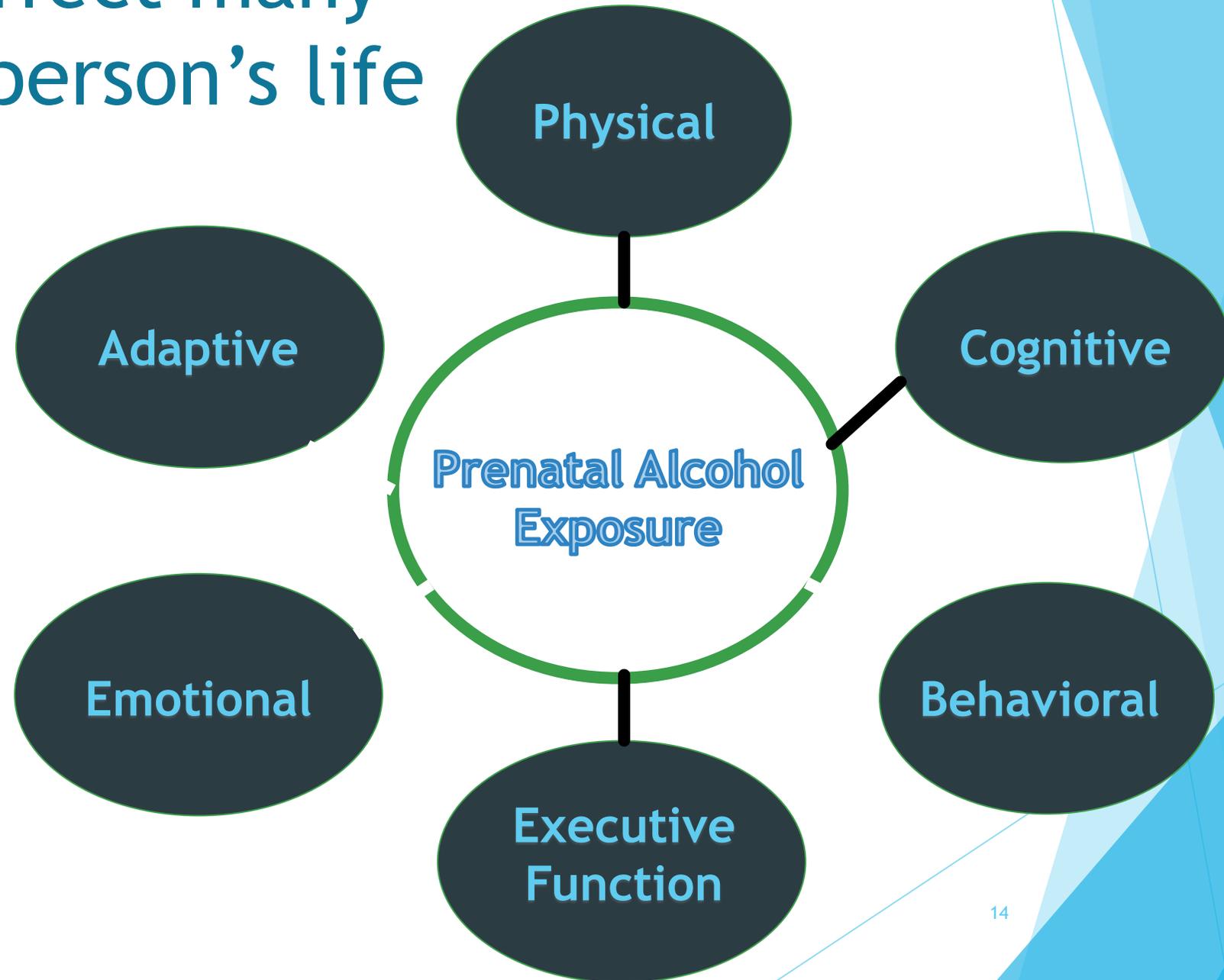
- ▶ 6,639 first graders
 - ▶ 222 children were classified as having a FASD
 - ▶ only 2 had been previously diagnosed
- ▶ Between 1.1% and 9.8% of American Children have FASD
- ▶ Conservative estimate: 11.5-5 per 1000
- ▶ Weighted estimate: 31.1-98.5 per 1000 children



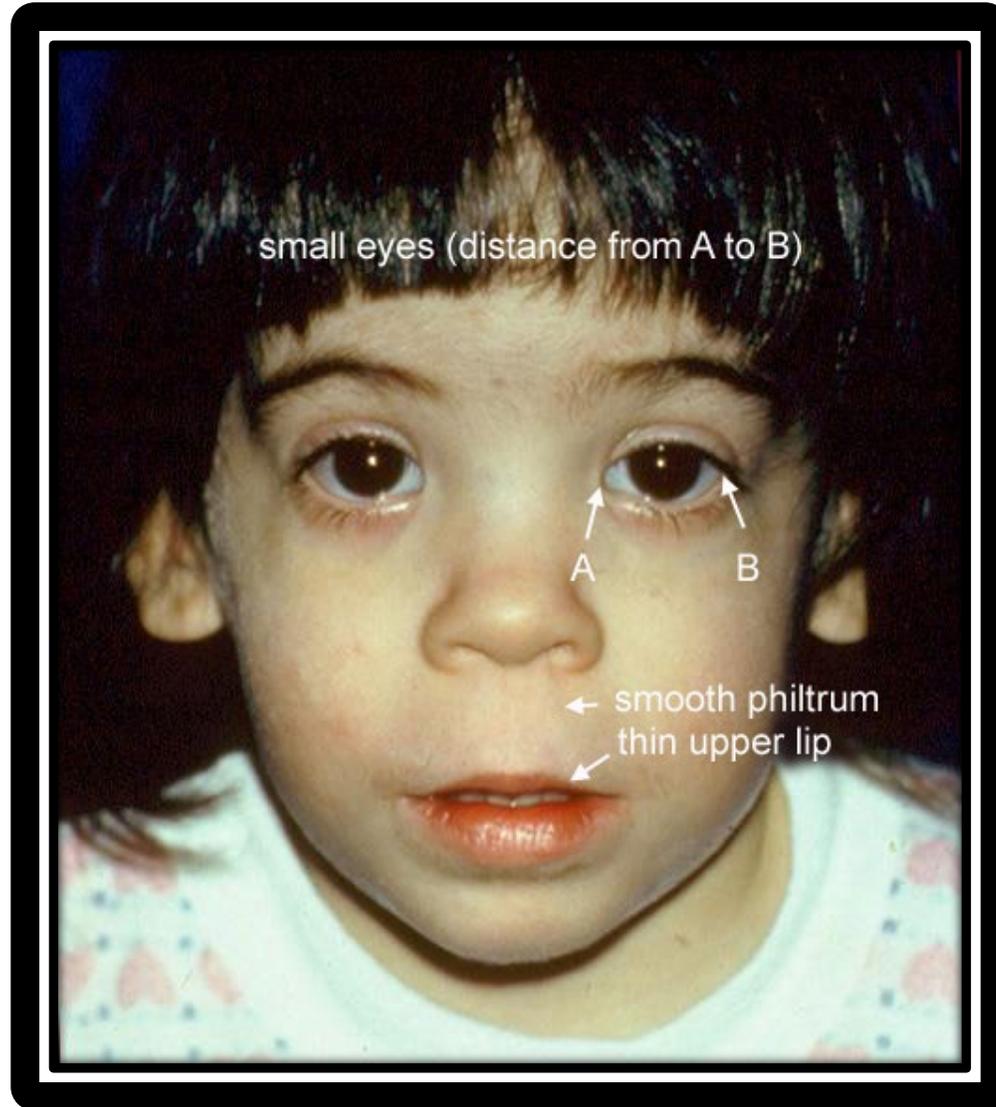
▶ FASD

Characteristics

FASD can affect many areas of a person's life



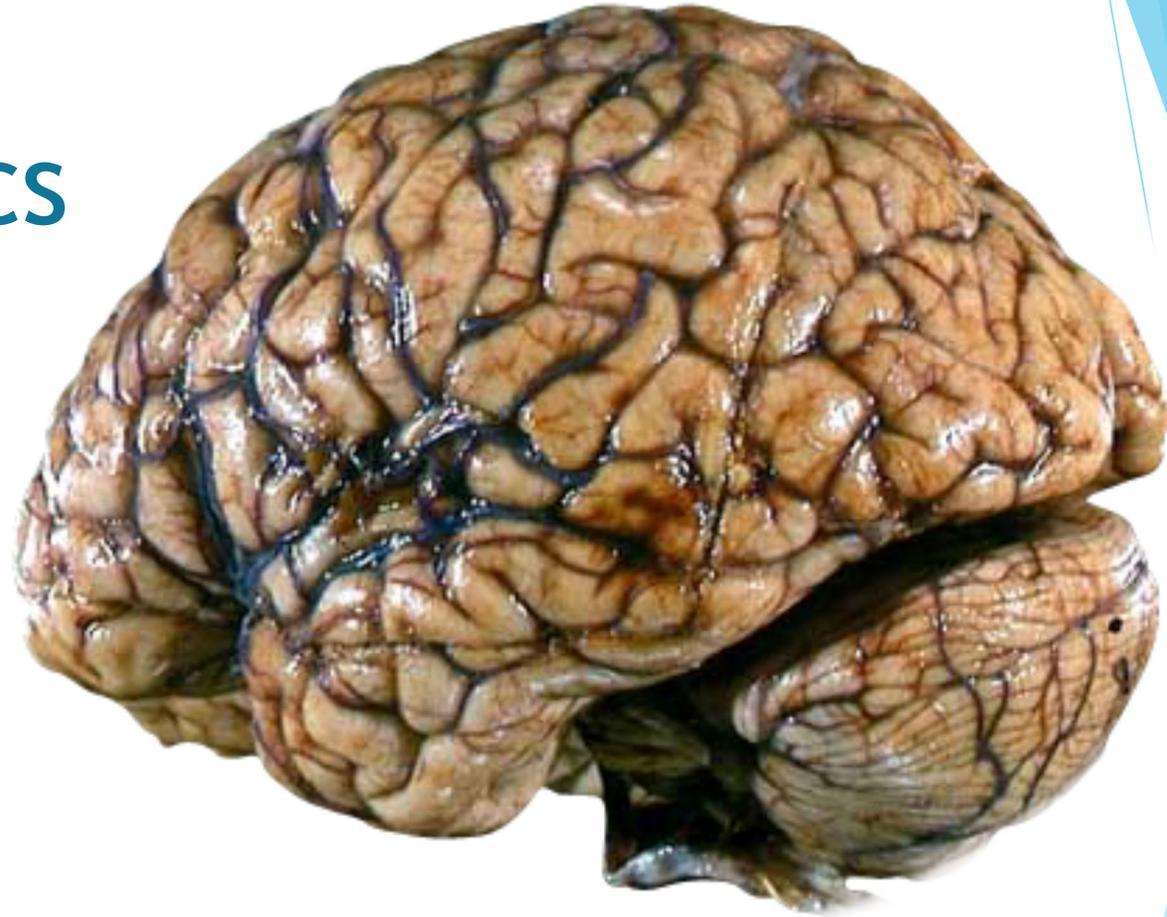
FASD Characteristics Con't



15

Photo by Susan Astley, Ph.D. –Used with permission

FASD Characteristics Con't



FASD is **not** about the **face**,
it's about the **BRAIN!**

FASD Characteristics Con't

ALCOHOL → BRAIN DAMAGE





FASD Characteristics Con't

- ▶ Brain = physical organ
- ▶ Prenatal alcohol exposure can cause diffuse brain damage
- ▶ These are physical changes

- ▶ So...FASD is an invisible
- ▶ **brain-based**
- ▶ **physical disability**
- ▶ with behavioral symptoms
- ▶ - Diane Malbin, MSW

CNS Dysfunction-Impacts on the brain

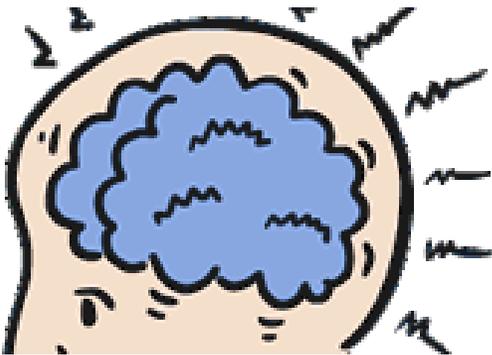
DIFFUSE BRAIN DAMAGE

AREA OF BRAIN	ROLE OF AREA
Brain Stem	Regulation of state
Cerebellum	Motor skills & coordination/balance
Limbic system	Attention, emotion, memory
Cerebrum, left temporal lobe	Speech / language
Frontal lobes	Executive function & reasoning
Multiple locations	Learning, memory, cognition
Whole brain	Adaptive skills, application



CNS Dysfunction - impacts on the brain

- ▶ Cognition
- ▶ Executive function
- ▶ Motor development
- ▶ Attention & hyperactivity
- ▶ Motor functioning
- ▶ Social skills





Possible Resulting Characteristics

- ▶ Concrete thinkers
- ▶ Slow, inefficient processing
- ▶ Poor judgment & impulsivity
- ▶ Attention & memory problems
- ▶ Overly friendly; no boundaries
- ▶ Developmental age < chronological age



10 WAYS CHILDREN WITH FASD ARE DIFFERENT

Children with FASD...

1. Don't "get" rewards or consequences
2. Don't "get" cause and effect
3. Can't handle more than one thing per day
4. Don't do change well
5. You can't prepare them for change



10 WAYS CHILDREN WITH FASD ARE DIFFERENT, continued

6. Have a different version of reality
7. Don't remember things
8. Feel things differently
9. They have physical difficulties in some areas
10. Vocabulary doesn't match comprehension



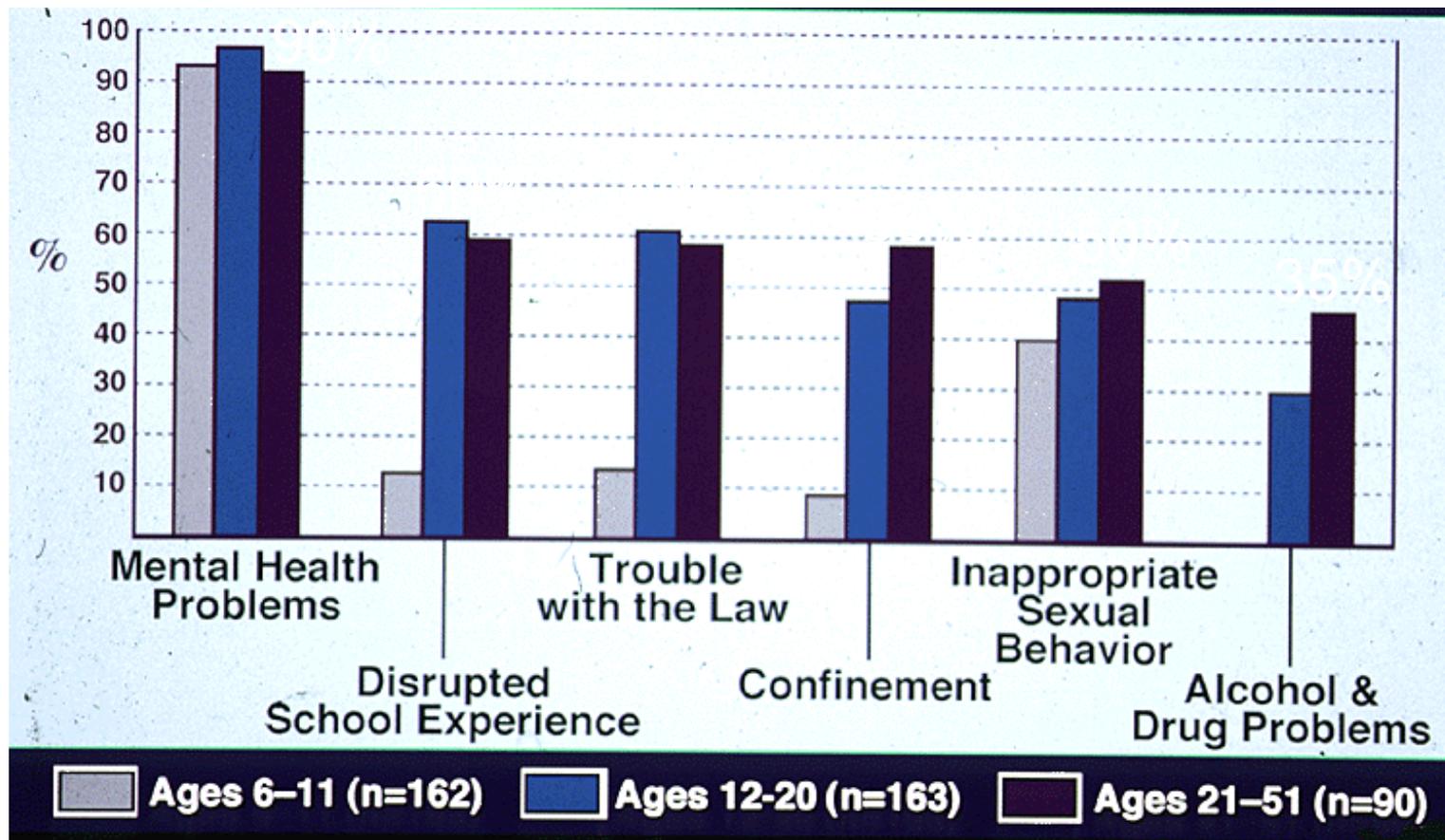
Behavioral impacts and related diagnoses

Overlapping Behavioral Characteristics & Related Mental Health Diagnoses in Children

Overlapping Characteristics & Mental Health Diagnoses	FASD	ADD/ADHD	Sensory Int. Dys.	Autism	Bi-Polar	RAD	Depression	ODD	Trauma	Poverty
	Organic	Organic	Organic	Organic	Mood	Mood	Mood	Mood	Environ	Environ
Easily distracted by extraneous stimuli	X	X	X							
Developmental Dysmaturity	X			X						
Feel Different from other people	X				X					
Often does not follow through on instructions	X	X					X	X	X	X
Often interrupts/intrudes	X	X	X	X	X		X			X
Often engages in activities without considering possible consequences	X	X	X	X	X					X
Often has difficulty organizing tasks & activities	X	X		X	X		X			X
Difficulty with transitions	X		X	X	X					
No impulse controls, acts hyperactive	X	X	X		X	X				
Sleep Disturbance	X				X		X		X	
Indiscriminately affectionate with strangers	X		X		X	X				
Lack of eye contact	X		X	X		X	X			
Not cuddly	X			X		X	X			
Lying about the obvious	X				X	X				
No impulse controls, acts hyperactive	X		X		X	X			X	
Learning lags: "Won't learn, some can't learn"	X		X			X			X	X
Incessant chatter, or abnormal speech patterns	X		X	X	X	X				
Increased startle response	X		X						X	
Emotionally volatile, often exhibit wide mood swings	X	X	X	X	X	X	X	X	X	

Living with FASD

Ages 12-20



FASD

Coping strategies and prevention

Living with FASD

CHANGE THE WAY WE THINK



WON'T
Non-compliance



CAN'T
Non-competence

Successful Intervention



The Key is Building Positive Relationships

Developing Successful Interventions for Students with FASDs

8 MAGIC KEYS

 Concrete

 Consistency

 Repetition

 Routine

 Simplicity

 Specific

 Structure

 Supervision

FASD Prevention topics

- ▶ About half of all pregnancies in the U.S. are unplanned
- ▶ Doctors, social workers and other professionals need to be involved in the message
- ▶ Need to eliminate stigma
- ▶ Messages about drinking and pregnancy vary – the message needs to be the same

FASD prevention topics Con't

There is no known safe amount of alcohol consumption during pregnancy.

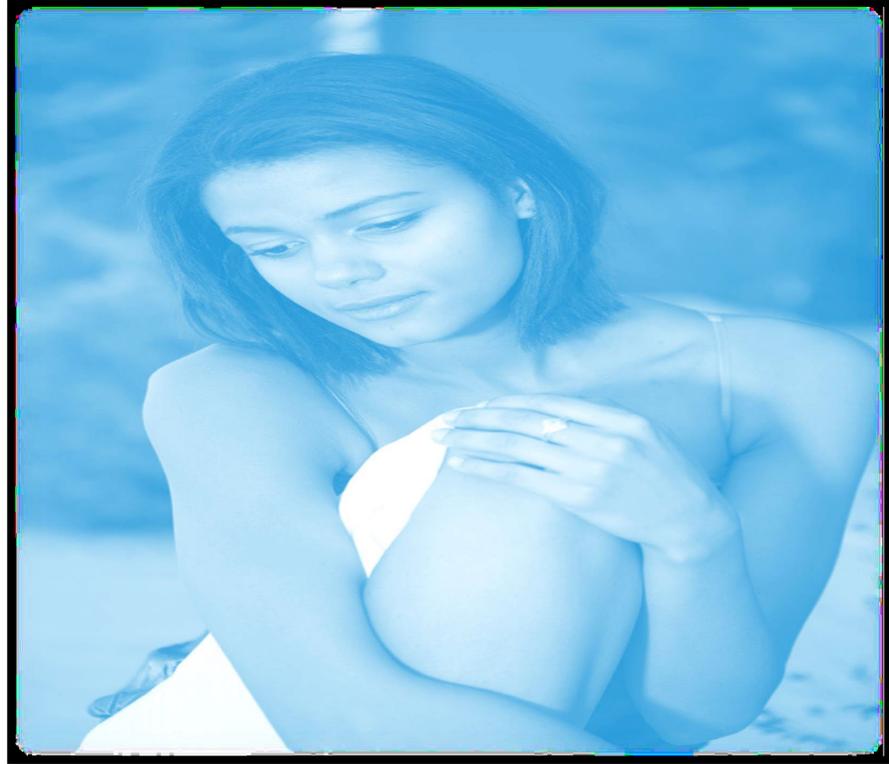
- ◆ Surgeon General
- ◆ Institute of Medicine
- ◆ CDC
- ◆ AAP
- ◆³¹ ACOG

FASD Prevention topics Con't



LIFELONG DISABILITIES

There are resources, there is hope!





The NOFAS Circle of Hope: A Mentoring Network for Birth Mothers

- ▶ <http://www.nofas.org/circleofhope/>

RESOURCES

Books

- ▶ Eileen Elias: Improving Awareness and Treatment of Children with Fetal Alcohol Spectrum Disorders and Co-Occurring Psychiatric Disorders https://www.jbsinternational.com/sites/default/files/FASDpaperfinal_INT.pdf
- ▶ Tip 58: A Treatment Improvement Protocol for Addressing FASD <https://store.samhsa.gov/shin/content/SMA13-4803/SMA13-4803.pdf>

Federal Government Sites

- ▶ CDC's Fetal Alcohol Spectrum Disorders website: <http://www.cdc.gov/ncbddd/fas/>
- ▶ National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/>
- ▶ National Institute on Drug Abuse: <http://www.nida.nih.gov/>
- ▶ Substance Abuse and Mental Health Services Administration, Center for Substance Abuse and Prevention (CSAP): <http://prevention.samhsa.gov/>

Organizations

- ▶ March of Dimes: <http://www.marchofdimes.com>
- ▶ Family Empowerment Network: www.pregnancyandalcohol.org
- ▶ National Organization on Fetal Alcohol Syndrome (NOFAS): <http://www.nofas.org>
- ▶ The Arc of the United States: <http://www.thearc.org>
- ▶ The Ohio FASD Steering Committee: <https://mha.ohio.gov/Prevention/Fetal-Alcohol-Spectrum-Dis>
- ▶ A Renewed Mind Double ARC Center for FASD: <https://www.doublearc.org/>

University Sites

- ▶ Fetal Alcohol and Drug Unit of the University of Washington: <http://depts.washington.edu/fadu/>
- ▶ Fetal Alcohol Syndrome Diagnostic & Prevention Network, University of Washington: <http://depts.washington.edu/fasdpn/>

Contact:
(Name, email,
phone number)

