


SCAPPA Prevention Training
FASD Awareness and Prevention

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We don't know how much alcohol causes FASD

- We cannot predict how much alcohol exposure will lead to a FASD.
- Surgeon General Recommends NONE.
- What constitutes one drink is much smaller than what we usually consider.
- Genetics, diet, and vitamins play a factor



What is a standard drink?

- 12 oz. of beer
- 4-5 oz. of wine
- 1 ½ oz. of liquor
- 12 oz wine spritzer



- NO alcohol in any form is safe during pregnancy.
- USDA: Moderate alcohol consumption for women is ONE Drink a day




Who is at risk




- The group most at risk for having children with FASD are white educated women over 30, middle or upper class.
- FASD is more prevalent in middle to upper class situations than lower class.
- Binge drinking has increased for women in general.
- Not just alcoholics have babies with FASD


Identification of FASD



- You do not know whether someone has been affected by alcohol due to their facial features.
- Facial effects decrease as children age

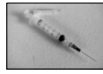


FASD is a SPECTRUM



- Students with FASD can have a range of abilities from severe intellectual disabilities to learning disabilities (IQ range 20-110)
- Students with FASD can be labeled as having ADHD, ODD, Personality disorder, Learning Disability, Depression but FASD is the umbrella
- Leading preventable cause of ID but only 25% have an intellectual disability or IQ below 70

Alcohol vs. Other drugs



- Alcohol causes more long term damage as cocaine or heroin.
- Alcohol has long range effects on behavior and brain functioning.
- FASD is a lifelong disorder.
- The scare of the crack babies was over publicized.

Comparison Effects of Drugs

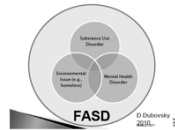
Effects	Alcohol	Cocaine	Marijuana
Low Birth Weight	X	X	
Intellect, Developmental	X		X
Organ Damage	X		
Hyperactivity	X		X

FASD & Autism



- Estimates are that more children are affected by alcohol than the number of students identified as having autism spectrum disorders- Current estimates range from 1 in 100 to 1 in 20.
- FASD is not as publicized due to stigma
- FASD 90% NOT diagnosed
- Good data are not collected on the incidence of FASD – only birth records of mothers “known” to drink are recorded.
- Both are **neurodevelopmental** in origin

FASD is the umbrella...



- FASD neurodevelopmental **brain disorder**
- Treatment of the co-occurring issues must be different if the person also has FASD
- Misdiagnoses: ADHD, ODD, Conduct Disorder
- Co-Occurring Issues: Schizophrenia, Depression, BiPolar, Reactive Attachment, TBI, Borderline personality disorder

Working with FASD

- We need to provide them with modeling, support, coaching
- Use a strength based approach and tell them what they do right
- Typical rewards/consequences do no work
- Be consistent
- Provide alternatives for behavior
- Support Interdependency





Fast Facts



- FASD – 100% preventable, 0% curable
- FASD lasts a lifetime
- If you are pregnant, don't drink.
- If you drink, don't get pregnant.
- Exposure to any alcohol can affect the brain development **at any time** during pregnancy.
- FASD leading **preventable** cause of ID & DD in Western World
