

About the Arctic FASD RTC

In 2008, the Centers for Disease Control and Prevention awarded the *Center for Behavioral Health Research and Services* a three-year grant to develop a Fetal Alcohol Spectrum Disorders Regional Training Center to acquaint a broad range of health and allied healthcare professionals and students with prevention, referral, identification, and treatment of Fetal Alcohol Spectrum Disorders. Four similar centers are operating elsewhere in the country.

Contact Information

Arctic FASD RTC staff can be reached at (907) 561-2880 or via email at ⇒ arcticfasdrtc@uaa.alaska.edu



Please visit our website for more information about FASD, our work in the community, and upcoming trainings and workshops at:

www.uaa.alaska.edu/arcticfasdrtc



UAA is an AA/EEO employer and educational institution.

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Arctic FASD Regional Training Center



Our mission is to educate health and allied healthcare providers and students about FASD prevention, identification and screening, referral, and treatment

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What is FASD?

Fetal Alcohol Spectrum Disorders (FASDs) are permanent birth defects caused by the consumption of alcohol during pregnancy.

FASDs affect all areas of an individual's life including:

- > problems with memory, motivation, speech language, and attention
- > cognitive deficits that affect understanding consequences of behavior, concepts of time, and planning
- > damage to the central nervous system and learning disabilities

Some facial characteristics of FASDs include widely spaced eyes, small eye openings, and thin upper lip.

FASDs are not limited to any specific population; they cross all social and cultural boundaries.

FASDs are 100% preventable!



Objectives

The **Arctic FASD Regional Training Center (RTC)** will:

- > train physicians, nurses, psychologists, speech and language therapists, social workers, and other professionals as well as students in these health and allied health-care professions on topics related to FASD prevention and interventions
- > help assure that health and allied healthcare providers have basic knowledge about FASD prevention, referral, identification, and treatment as they encounter at-risk groups
- > raise awareness of FASDs, develop resources related to FASD education, and disseminate resources to professionals, educators, and members of the public



Education and Training

The Arctic FASD RTC is in the process of developing an educational curriculum targeting the specific needs of health and allied healthcare professionals who work with pregnant woman or individuals with FASD.

The Arctic FASD RTC educational curriculum is aligned with the Centers for Disease Control and Prevention's (CDC) seven FASD Core Competencies and will be tailored to the specific needs of our region's communities.

FASD Competencies

The CDC notes seven competency areas necessary for all health and allied health-care professionals. These competencies include:

- > historical, biomedical, and clinical background of fetal alcohol syndrome (FAS) and other disorders related to prenatal exposure to alcohol, known collectively as FASDs
- > services aimed at preventing alcohol-exposed pregnancies in women of childbearing age through screening and brief interventions for alcohol use
- > concepts and models of addiction for women of childbearing age, including those who are pregnant, to provide appropriate prevention services, referral, and case management
- > effects of alcohol on the developing embryo and fetus
- > screening, diagnosing, and assessing infants, children, adolescents, and adults for FASDs
- > long-term case management and coordination for persons with FASDs
- > ethical, legal, and policy issues related to FASDs