

About the Arctic FASD RTC

Funded by the Centers for Disease Control and Prevention, the Arctic Fetal Alcohol Spectrum Disorders Regional Training Center is located at the Center for Behavioral Health Research and Services at the University of Alaska Anchorage.

The Arctic FASD RTC was developed to increase FASD practice competence among medical and allied healthcare practitioners and students through developing and disseminating rurally-relevant and culturally-competent educational curricula, materials, and campaigns that will lead to greater awareness, increased knowledge, and changed practice behaviors.

Contact Information

Arctic FASD RTC staff can be reached at 907.786.6381 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/EO employer and educational institution.

Arctic FASD Regional Training Center
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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 are FASDs?

Fetal alcohol spectrum disorders (FASDs) are permanent birth defects caused by the consumption of alcohol during pregnancy.

The most common result of prenatal alcohol exposure is unseen and unrecognized damage to the central nervous system. This means that FASDs are often a hidden disability.

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

- > problems with memory, speech and language, and attention
- > cognitive deficits that affect understanding consequences of behavior, abstract concepts such as time, and planning
- > learning disabilities

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** will:

- > train physicians, nurses, psychologists, speech and language therapists, social workers, and other professionals as well as students in these health and allied healthcare 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 Regional Training Center educational curriculum is aligned with the Centers for Disease Control and Prevention's (CDC) seven FASD core competencies for health and allied healthcare professionals who work with pregnant woman or individuals with an FASD.

Our curriculum addresses the specific needs of our region's culturally diverse and rural communities. All trainings and workshops can be tailored to meet the learning goals of professionals, students, agencies, and community groups.

The Arctic FASD RTC staff are certified State of Alaska FASD101 and FASD201 trainers.



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

