



## **Arctic FASD Regional Training Center Educational and Training Options 2011-2012**

More detailed information about registration, continuing education credits, and learning objectives can be found at

[www.uaa.alaska.edu/arcticfasdrtc/training/index.cfm](http://www.uaa.alaska.edu/arcticfasdrtc/training/index.cfm)

The Arctic FASD RTC has training options to suit a variety of training and education needs. These options can be individualized to meet participant needs, interests, and schedules.

### **1. FASD Foundations (Participants receive a State of Alaska FASD101 Certificate)**

- A short, intensive course that covers the foundations of FASD knowledge.
- This four hour training covers the majority of the CDC's *FASD Competency-Based Curriculum Guide* as well as the State of Alaska's Division of Health and Social Services Office of Fetal Alcohol Syndrome's FASD101 curriculum.
- Covers foundational knowledge of FASDs: epidemiology, biomedical foundations, screening and brief interventions for alcohol use, prevention, screening, diagnosis, and assessment, and effective treatments and interventions for individuals with FASDs.
- State of Alaska DHSS Office of FAS certified trainers.
- All participants receive a certificate recognizing that they have been through this training. All employees of agencies providing behavioral health services that are State of Alaska grantees are required to have this certificate.

### **2. FASD 201 (Participants receive a State of Alaska FASD201 Certificate)**

- A short, intensive course that covers how to develop successful interventions and supports for individuals who experience an FASD.
- This four hour training covers the State of Alaska's Division of Health and Social Services Office of Fetal Alcohol Syndrome's FASD201 curriculum.
- Covers how working with individuals who experience an FASD requires a shift in perceptions, what it means to live with a brain-based disability, interventions and how they can be used to support individuals with an FASD, evidence-based practices, intervention strategies and practice, creating networks of support for individuals and families, and the role of health and allied healthcare providers.
- Participants must have completed FASD101 or have prior knowledge of FASDs.
- State of Alaska DHSS Office of FAS certified trainers.
- All participants receive a certificate recognizing that they have been through this training.

### 3. PSY A490/A690 Special Topics in Psychology

- Short, intensive, one-credit courses offered online through the University of Alaska Anchorage. Content covers FASD-related topics and is based on the CDC's *Fetal Alcohol Spectrum Disorders Competency-Based Curriculum*.
- Offered Fall 2011 and Spring 2012. See our website for specific dates: [www.uaa.alaska.edu/arcticfasdrtc](http://www.uaa.alaska.edu/arcticfasdrtc).
- Also available through WICHE ICE (Western Interstate Commission for Higher Education Internet Course Exchange) General Course List.

#### **PSY A490/A690 Special Topics in Psychology**

Course Title: Fetal Alcohol Spectrum Disorders: Basic foundations, screening, and brief interventions

Course Timeframe: 5 weeks

Course Description:

Course will cover basic biomedical foundations of FASDs, screening and brief interventions for alcohol use during pregnancy, and current models of addiction. Basic biomedical foundations and clinical issues, overview of epidemiological and psycho-social-cultural aspects of FASDs, effective screening and brief intervention strategies, and overview of current models of alcohol use and addictions will be addressed. Content is useful for various disciplines (i.e., psychology, social work, human relations, nursing, education, and allied health.)

#### **PSY A490/A690 Special Topics in Psychology**

Course Title: Fetal Alcohol Spectrum Disorders: Biological effects, diagnosis and assessment, and treatment across the lifespan

Course Timeframe: 5 weeks

Course Description:

Course will cover the effects of alcohol on the developing embryo and fetus; processes for screening, diagnosing and assessing FASD and other prenatal alcohol-related disorders; and various treatment and family support services and resources. Special focus will be placed on the developmental and functional concerns for individuals with FASDs and their families across the lifespan. Content is useful for various disciplines (i.e., psychology, social work, human relations, nursing, education, and allied health.)

#### **PSY A490/A690 Special Topics in Psychology**

Course Title: Fetal Alcohol Spectrum Disorders: Ethical, legal and policy issues

Course Timeframe: 5 weeks

Course Description:

Course will take a social action perspective in exploring ethical, legal and policy issues related to FASDs in Alaska. Content will include, but not be limited to, confidentiality issues, fetal rights and maternal-fetal relationship, limitation of coercive and punitive approaches to FASD prevention, and public health approaches (education and substance abuse treatment). Content is useful for various disciplines (i.e., public health, psychology, social work, human relations, nursing, education, and allied health.)

#### 4. Center for Disease Control & Prevention FASD Core Competencies for Health and Allied Health Care Providers

- Short, intensive, one-hour trainings on FASD-related topics that have been established by the CDC as areas in which health and allied health-care providers should be competent.
- Conducted by RTC affiliate faculty who work in the medical professions as well as RTC staff.

The CDC has established seven areas of FASD knowledge that health and allied health in which care professionals should have competency. Training on each competency is developed and conducted based on the specific needs and learning goals of the participants.

- I. **Foundation:** The historical, biomedical, and clinical background of fetal alcohol syndrome (FAS) and other disorders related to prenatal exposure to alcohol, known collectively as fetal alcohol spectrum disorders (FASDs).  
Learning goals:
  - a. Describe the basic biomedical foundation of FAS.
  - b. Explain the basic clinical issues related to FASDs.
  - c. Provide an overview of the epidemiological and psycho-social-cultural aspects of FASDs.
- II. **Screening and Brief Interventions:** Providing services aimed at preventing alcohol-exposed pregnancies in women of childbearing age through screening and brief interventions for alcohol use.  
Learning goals:
  - a. Screen women of childbearing age for alcohol use at the appropriate time during patient care.
  - b. Use demographic and other risk factors appropriately in prevention and screening activities.
  - c. Use screening methods, screening tools, and assessment methods appropriately as part of prevention and screening activities.
  - d. Conduct brief interventions with women.
  - e. Appreciate the use of more extensive interviews to evaluate alcohol consumption during pregnancy.
  - f. Define risk drinking and differentiate types of drinkers by patterns of alcohol use.
  - g. Assess for referral to treatment.
- III. **Models of Addiction:** Concepts and models of addiction to women of childbearing age, including those who are pregnant, to provide appropriate prevention services, referral, and case management.  
Learning goals:
  - a. Explain past and current models of alcohol use.
  - b. Describe the categories of alcohol use in women,.
  - c. Describe the stages of alcohol use, dependence, and addiction.
  - d. Explain the stages of change in alcohol use.
  - e. Address co-occurring psychiatric disorders related to alcohol use.
  - f. Recognize characteristics of alcohol dependent families.

- IV. **Biological Effects of Alcohol on Fetus:** The effects of alcohol on the developing embryo and the developing fetus.  
Learning goals:
- Define the amount of alcohol in a drink.
  - Explain alcohol metabolism and pharmacology (absorption, distribution, metabolism, and elimination).
  - Describe birth defects associated with alcohol use.
  - Describe alcohol-induced injuries on developing organ systems.
  - Describe cellular responses to alcohol exposure.
  - Explain putative biomedical mechanisms.
  - Explain the effects of ethanol exposure on neurobehavioral outcomes, specifically those that are cognitive and psychiatric/behavioral.
  - Describe genetic variants and markers for susceptibility for FASDs.
- V. **Screening, Diagnosis, and Assessment of FAS:** Screening, diagnosis, and assessment infants, children, adolescents, and adults for FAS and other prenatal alcohol-related disorders.  
Learning goals:
- Describe the diagnostic process in Alaska.
  - Explain the diagnostic criteria for FAS.
  - Understand the appropriate criteria for referral for an FAS diagnostic evaluation.
  - Understand the assessment, evaluation, and feedback process.
- VI. **Treatment across the Life Span for Individuals with Fetal Alcohol Spectrum Disorders:** Providing long-term case management for persons with FASDs.  
Learning goals:
- Describe the developmental and functional concerns for individuals with FASDs and their families across the life span.
  - Explain the various treatment approaches.
  - Explain family support services and resources.
- VIII. **Ethical, Legal, and Policy Issues:** Ethical, legal, and policy issues related to FASDs.  
Learning goals:
- Identify ethical issues related to FASDs.
  - Identify legal and policy issues related to FASDs.

## 5. Introduction to FASDs and FASD Intervention Strategies

- A short, three to four hour intensive workshop covering the foundations of FASD knowledge (epidemiology, bio-bases, diagnosis) and an introduction to developing individualized intervention strategies for individuals who experience an FASD. In particular, this includes what it means to live with a brain-based disability, an overview of evidence-based practices, supporting individuals using tailored intervention strategies and practice, and the role of health and allied health care providers in providing persons who experience an FASD appropriate support and services.
- This workshop is designed specifically for agencies that work to provide direct care to individuals who experience an FASD.