



FAST Facts

September 2011

Volume 3, Number 2

Announcements

Train the Trainer & Comprehensive FASD Workshop – Anchorage

This workshop is now full.

The Arctic FASD Regional Training Center will be holding a Train the Trainer/Comprehensive FASD Workshop in Anchorage in September.

- Monday, September 26 and Tuesday, September 27
- 8:30 a.m. to 4:30 p.m.
- UAA/APU Library Room 307
- Registration required

Cost: Free!

Everyone who has pre-registered for the workshops should have received a confirmation email. If you have registered but have not received an email to confirm, please contact us immediately.

Continuing education credits are available. Please see our website for more details.

Research FAST Facts: Prevention & Awareness

Where possible, we provide a link where the article can be purchased and/or downloaded. Research abstracts are provided for the purposes of discussion; they do not necessarily reflect the views or position of the Arctic FASD RTC or the CDC.

Blackburn, C. & Whitehurst, T. (2010). Foetal alcohol spectrum disorders (FASD): Raising awareness in early years settings. *British Journal of Special Education* 37(3): 122-129.

Abstract: In this article Carolyn Blackburn who is currently project officer for the Training and Development Agency for Schools and Teresa Whitehurst who is a research and development officer at Sunfield School in Worcestershire discuss how educationalists are being required to support an increasing number of children with new and emerging disabilities including Foetal Alcohol Spectrum Disorders (FASD) for which they may be ill equipped if knowledge and resources are not available. FASD is an umbrella term used to describe a range of intellectual and physical disabilities that may occur when alcohol is consumed by the mother during pregnancy. This may lead to learning difficulties in the areas of gross and fine motor control, social and emotional development, hyperactivity and attention disorders, understanding rules and cause and effect, receptive and expressive language, and problem solving and numeracy. Educating and caring for these children needs a unique approach that relies on reflective practice and adaptive teaching techniques. This article focuses on a collaborative project with Worcestershire Early Years entitled Building Bridges with Understanding. The project focused on raising awareness and increasing knowledge of FASD in early years practitioners to support children with a range of difficulties and provides access to a free downloadable resource pack.

ISSN: 1467-8578 (online); DOI: 10.1111/j.1467-8578.2010.00471.x

Delrahim-Howlett, K., Chambers, C.D., Clapp, J.D., Xu, R., Duke, K., Moyer, R.J. 3rd & Van Sickle, D. (2011) Web-based assessment and brief intervention for

Call 907.786.6381 or check our website for more information:

www.uaa.alaska.edu/arcticfasdrtc/training/ComprehensiveWorkshop/index.cfm

or

www.uaa.alaska.edu/arcticfasdrtc/training/train-the-trainer/index.cfm

FASD Foundations Workshop

Our next FASD Foundations workshops will be held:

- Friday, October 14, 9:00 a.m. to 1:00 p.m.
- Friday, December 9, 9:00 a.m. to 1:00 p.m.

The location for the workshop is [University Center Room 145](#).

Cost: Free!

Registration is recommended. Call 907.786.6381 or check our website for more information:

www.uaa.alaska.edu/arcticfasdrtc/training/fasdfoundations.cfm

Participants will be eligible to receive continuing education (CE) credits for completion of these workshops (\$25.00 processing fee).

FASD 201 Workshop

Our next FASD 201 workshops will be held:

- Friday, November 11, 9:00 a.m. to 1:00 p.m.
- Friday, December 16, 9:00 a.m. to 1:00 p.m.

alcohol use in women of childbearing potential: a report of the primary findings. *Alcoholism: Clinical and Experimental Research* 35(7):1331-1338.

Abstract: Background: There is a need for more effective assessment and primary prevention programs aimed at accurately measuring and reducing alcohol consumption among women before conception in underserved, high-risk populations. Health information technology may serve this purpose; however, the effectiveness of such tools within this population is not known. Methods: We conducted a small-scale randomized controlled trial to test the effectiveness of an adapted Web-based alcohol assessment and intervention tool among low-income, nonpregnant women of reproductive age who were receiving Women Infant and Children (WIC) services in San Diego County and who reported currently drinking at a moderate risk level. A total of 150 risky drinking participants completed a Web-based assessment and were randomly assigned to either receive a personalized feedback intervention or general health information about alcohol consumption and fetal alcohol syndrome. Follow-up assessments on reported alcohol consumption were conducted via telephone at 1- and 2-months postbaseline.

Participants ranged in age from 18 to 44 and were predominately Hispanic/Latina (44%). Results: At baseline, all respondents reported consuming ≥ 3 standard drinks on ≥ 1 occasion in the previous month. Outcome data were available for 131 participants. The main outcome measure was reduction in the number of risky drinking occasions, which did not differ significantly between treatment conditions (odds ratio 1.200, 95% CI 0.567 to 2.539, $p=0.634$). Over 70% of the participants, however, reported a reduction in risky drinking occasions regardless of treatment condition (control 43/63, 68%; experimental 49/68, 72%). Conclusions: The results of this study demonstrate that web-based assessment of alcohol consumption among low-income women of reproductive age, as represented by WIC clients, is feasible and acceptable. The findings also suggest that detailed and interactive assessments of alcohol consumption may be sufficient for the reduction of risky drinking within this population without personalized feedback.

ISSN: 1530-0277 (online); DOI: 10.1111/j.1530-0277.2011.01469.x

Drabble, L.A., Poole, N., Magri, R., Tumwesigye, N.M. Qing, L. & Plant, M. (2011) Conceiving Risk, Divergent Responses: Perspectives on the Construction of Risk of FASD in Six Countries. *Substance Use & Misuse* 46(8):943-958.

Abstract: Conceptualizations of risks related to women's alcohol use during pregnancy, and the attendant response to preventing fetal alcohol spectrum disorder (FASD), are examined in six countries: the United States, Canada, the United Kingdom, Uganda, Uruguay, and China. Considerable differences were found in how risks were conceptualized across countries and in contextual factors that influence research, prevention, and intervention efforts. Differences in conceptualizations were also apparent within countries. Differences also existed in the degree to which the issue of drinking during pregnancy has been minimized or amplified and in whether and how responses are linked to treatment or other public health interventions.

ISSN: 1532-2491 (online), 1082-6084 (print); DOI: 10.3109/10826084.2010.527419

The location for the workshop is [University Center Room 145](#).

Cost: Free!

Registration is recommended. Call 907.786.6381 or check our website for more information:

www.uaa.alaska.edu/arcticfasdrct/training/fasd201.cfm

Participants will be eligible to receive continuing education (CE) credits for completion of these workshops (\$25.00 processing fee).

Need FASD training in your agency?

The Arctic FASD Regional Training Center is available to conduct FASD workshops that are tailored to your agency and staff's FASD training needs.

For more information, please contact us at 907.786.6381 or arcticfasdrct@uaa.alaska.edu.

Helpful Resources

- [CDC: What you should know about alcohol and pregnancy](#)
- [CDC: Lo que debe saber sobre el embarazo y el alcohol](#)
- [Families Moving Forward](#)
- [Stone Soup Group](#)
- [ICEBERG](#)
- [FAS Diagnostic & Prevention Network](#)
- [SAMHSA FASD Center for Excellence](#)
- [State of Alaska Office of FAS](#)

Mwansa-Kambafwile, J., Rendall-Mkosi, K., Jacobs, Nel, E. & London, L. (2011) Evaluation of a Service Provider Short Course for Prevention of Fetal Alcohol Syndrome. *Journal of Studies on Alcohol & Drugs* 72(4): 530-535.

Abstract: Objective: South Africa has among the highest reported rates of Fetal Alcohol Syndrome (FAS) globally. Primary prevention targeting women at risk for alcohol-exposed pregnancies could substantially reduce the incidence of FAS. We evaluated the effectiveness of a short training intervention to improve service providers' screening, identification, and management of women at risk for alcohol-exposed pregnancies.

Method: Training to screen and counsel women at risk for alcohol-exposed pregnancies was offered to 86 service providers (95% of whom were female) in two municipalities in the Western Cape Province, South Africa. Effectiveness was evaluated through a before-after study of service providers' knowledge and confidence levels and a comparison of service providers' practices (assessed indirectly via service user exit interviews) at intervention and control clinics. Results: The proportion of service providers indicating that alcohol use during pregnancy is harmful to the fetus increased after training (23% vs. 67%; $p < .001$). After training, providers expressed significantly more confidence for four skills indicators related to the identification and management of women at risk for an alcohol-exposed pregnancy. Female clients at intervention clinics were more likely than those at the control clinics to receive alcohol advice (odds ratio [OR] = 2.13, 95% CI [1.27, 3.53]), counseling (OR = 1.3, 95% CI [1.05, 1.56]), and an offer of family planning (OR = 1.1, 95% CI [1.06, 2.10]) after the training. Time x Group interaction variable analysis in multiple logistic regression modeling confirmed these effects as related to training. Conclusions: A short training course based on brief motivational interviewing principles appears to be effective in building service provider capacity to better prevent and manage women at risk for alcohol-exposed pregnancies.

ISSN: 1937-1888 (online)

FASDs in the Media

The links to news articles and opinion pieces presented below are provided for the purposes of discussion. The Arctic FASD RTC is not responsible for the titles and/or content of the articles, nor do they necessarily reflect the views or position of the Arctic FASD RTC.

United States

[FASD Awareness Day](#)

[YourAlaskaLink.com](#), September 9, 2011

[Coming of Age with Fetal Alcohol Syndrome](#)

[KTUU.com](#), September 9, 2011

[FAS Awareness Day – 9:09 a.m. 9/9](#)

[Hawaii 24/7](#), September 8, 2011

Intervention Corner

How to advocate

- Educate yourself about FASDs.
- Pick your battles – and always find supports to assist you through it.
- Educate professionals and the general public about FASDs – be vocal about what you think is right for her!
- Know your rights.
- Define appropriate support – what it means for you, what it means for him – and don't be afraid to ask for it.
- Ask for and insist on FASD training for the whole community – invite and encourage people to attend from the fast food restaurants, neighborhood stores, grocery stores, police department, etc. – anyone she is likely to come into contact with on a regular basis.
- Be proactive and forward planning.
- Invite a support person to accompany you to school meetings, when you're meeting with professionals, etc.
- Remember that it's difficult to change minds and attitudes. You may need to get them to understand that while this young man is 18 years old, he is functioning at a 9 year old level in some – but not all – areas. He still needs appropriate global support to be able to integrate what's happening around him.
- Advocate in different government departments for appropriate programs and services for those with FASDs.

(Adapted from Trudeau, D. (ed.) (2005) *Trying Differently: A Guide for Daily Living and Working with FASDs and Other Brain Differences*. Published by the Fetal Alcohol Syndrome Society Yukon (FASSY).)

Do you have an idea for the Intervention

Sept. 9 marks International FASD Awareness Day

Green & Gold News, UAA, September 7, 2011

Fetal Alcohol Syndrome Rate Higher Among American Indians

Indian Country, September 5, 2011

Pregnant drinking: Social experiment at the Minnesota State Fair

Kare11, September 1, 2011

Ask the health experts: Is it OK to have a glass of wine during pregnancy?

The Florida Times-Union, August 31, 2011

International

FASD: slipping through the cracks

The Queens County Advance, September 11, 2011

FASD awareness day commemorated with stories, silence

The Camrose Canadian, September 10, 2011

Pregnant pause at Aberdeen flash gathering

BBC News, September 9, 2011

Special plea to pregnant women

Timaru Herald, September 8, 2011

Poster campaign to educate on drinking and pregnancy

Interior-News.com, September 7, 2011

FASD: Supporting mother during pregnancy key

The Queens County Advance, September 3, 2011

Government accepts select committee changes to alcohol bill

Scoop.co.nz, August 25, 2011

Arctic FASD RTC *FAST Facts*

Building on past and current FASD education and awareness efforts in Alaska, the goal of the *Arctic FASD RTC* is to increase FASD knowledge, awareness, and practice competence among health and allied healthcare professionals and students. Using the Centers for Disease Control and Prevention (CDC)'s *FASD Competency-Based Curriculum Development Guide*, we deliver education and training in the form of workshops, seminars, and other resources to professionals and students. We are also certified State of Alaska FASD101 and FASD201 trainers.

The *Arctic FASD RTC* is honored to have the assistance of our national consultants, and our advisory board. Assisting us with our training are our affiliate faculty and our speakers' bureau.

Corner? Do you have some tips or suggestions for how to help individuals with an FASD be successful? Email *FASt Facts* at arcticfasdrtc@uaa.alaska.edu and let us know!

Contact Us:

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There are four other RTCs in operation around the United States: the [Frontier FASD RTC](#), the [Great Lakes FASD RTC](#), the [Midwestern FASD RTC](#), and the [Southeastern FASD RTC](#). All are funded through the Centers for Disease Control and Prevention.

About *FASt Facts*

FASt Facts is a monthly email newsletter with announcements and information about upcoming training opportunities, a sampling of FASD news and research from Alaska, the U.S.A., Canada, and around the world, as well as links to helpful resources. Please feel free to forward the newsletter to anyone you know who has an interest in FASDs.

FASt Facts is compiled and edited by the Arctic FASD RTC staff. We make every effort to provide links to original content, and to make sure those links are accurate at the time the newsletter is sent. The Arctic FASD RTC has no control over any links that change after publication of the newsletter. The Arctic FASD RTC is not responsible for the content of external Internet sites. News articles and research abstracts are provided for the purposes of discussion; they do not necessarily reflect the views or position of the Arctic FASD RTC.

We hope you find these newsletters helpful and informative. We welcome your input for content. Please send suggestions to arcticfasdrtc@uaa.alaska.edu.

About this message

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To discontinue receiving these updates, please visit lists.uaa.alaska.edu/mailmain/listinfo/fastfacts. Scroll down to the bottom of the page, enter your email address, then click [Unsubscribe or edit options](#).

Previous issues of *FASt Facts* can be found at our [website](#) or at the [listserv archive](#).

Funding for the Arctic FASD Regional Training Center has been provided by the U.S. Department of Health and Human Services, [Centers for Disease Control and Prevention](#) Cooperative Agreement # CDC1U84DD000439.

No official endorsement by the CDC for the content of this email is intended or should be inferred.

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