

Fetal Alcohol Spectrum Disorder Resources

Healthy Start grantees have requested informational resources and tools that can help them support participants and their families affected by prenatal alcohol exposure—and fetal alcohol spectrum disorders (FASDs). In response, we have located many helpful resources, most in the public domain. This document should not be considered a comprehensive listing of FASD resources; but rather, it is a starting point to help grantees identify strategies and supports that might benefit their participants.

The Healthy Start EPIC Center also offers webinars, training, community workshops, and technical assistance on a variety of topics, including FASD and prevention of alcohol exposed pregnancies. For individualized assistance, please contact the [EPIC Center](#).

Data and Policy

Fetal alcohol spectrum disorders: data and policy recommendations specific to women and babies

- **CDC's Data and Statistics** page on FASD provides estimates of FASD prevalence, state level statistics on alcohol use among women of childbearing age and links to other data sources.
 - <https://www.cdc.gov/ncbddd/fasd/data.html>
- **ASAM Public Policy Statement on Substance Use, Misuse, and Use Disorders During and Following Pregnancy.** This statement from the American Society for Addiction Medicine offer recommendations on screening and prevention for alcohol and other substance use in pregnancy, treatment for pregnant and postpartum women, education of both health care providers and the public, and regulatory and legal issues.
 - https://www.asam.org/docs/default-source/public-policy-statements/substance-use-misuse-and-use-disorders-during-and-following-pregnancy.pdf?sfvrsn=644978c2_4
- **CAPTA and FASD.** The updated Child Abuse Prevention and Treatment Act (CAPTA) laws includes specific requirements for reporting suspected FASD and physician reporting of diagnosis of FAS in infants. It is important that staff understand the reporting laws as they relate to prenatal alcohol exposure and FASDs.
 - <https://heinonline.org/HOL/LandingPage?handle=hein.journals/chilawpt29&div=13&id=&page>
- **American Bar Association Resolution on FASD.** The American Bar Association passed a resolution to encourage the appropriate identification of FASD and effective responses for clients.
 - https://www.americanbar.org/groups/youth_at_risk/commission_policyresolutions/fasd.html

General Training on the Prevention, Identification, and Treatment of FASDs

- **Collaborative for Alcohol Free Pregnancy Online Training.** Free online training for health care providers, allied health professionals and others, provided by the Centers for Disease Control and Prevention (CDC) and partners. You will need to complete online registration—but there is no charge for these courses. Each course takes about 1 hour to complete and would be appropriate for team meetings and discussion
 - FAS Primer for Healthcare Professionals
 - Preventing Alcohol Exposed Pregnancies
 - Diagnostic Overview of FASDs: Recognition and Referral
 - <https://www.cdc.gov/ncbddd/fasd/training.html>

- **FASD Competency-Based Curriculum Development Guide for Medical and Allied Health Education and Practice.** The guide was developed in cooperation with grantees of the Centers for Disease Control and Prevention and includes chapters related to alcohol screening and brief intervention, identification and treatment of FASDs, and legal and policy issues. Each chapter includes discussion questions and resources that can be used with clients.
 - http://www.mpfasdpic.org/wp-content/uploads/2016/12/Competency-Based-Curriculum-Guide_July.2015.pdf

Educational Materials for Staff

- **MedlinePlus.** MedlinePlus, a website of the U.S. National Library of Medicine, provides easy-to-understand information on health conditions, medicines, lab tests, and wellness topics. It is available in English and in Spanish.
 - <https://medlineplus.gov/pregnancyandsubstanceabuse.html>
 - <https://medlineplus.gov/fetalalcoholspectrumdisorders.html>
- **Centers for Disease Control and Prevention Fetal Alcohol Spectrum Disorders Programs.** The CDC has many initiatives addressing FASD. Their website includes fact sheets, training materials, resources, and links.
 - <https://www.cdc.gov/ncbddd/fasd/>
- **American Academy of Pediatrics Fetal Alcohol Spectrum Disorders Program.** The AAP provides information about FASD identification, diagnosis and referral and a FASD Toolkit to raise awareness, promote surveillance and screening, and ensure that all affected children receive appropriate and timely interventions.
 - <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/default.aspx>
- **The Arc FASD Prevention Project.** The goal of this project and site is to increase knowledge of the risks alcohol can pose to a fetus, encourage the use of FASD prevention strategies, and provide educational opportunities to health care and social service providers and program staff.
 - <https://www.thearc.org/FASD-Prevention-Project>
- **Substance Abuse and Mental Health Services Administration (SAMHSA) TIP #58.** Addressing Fetal Alcohol Spectrum Disorders. SAMHSA's TIPs (Treatment Improvement Protocols) are comprehensive documents addressing a particular topic. TIP #58 reviews screening tools for alcohol use and interventions for pregnant women and women of childbearing age to prevent fetal alcohol spectrum disorders (FASD).
 - <https://store.samhsa.gov/shin/content//SMA13-4803/SMA13-4803.pdf>

Educational Materials for Clients

- **National Organization on Fetal Alcohol Syndrome (NOFAS).** This national advocacy organization focuses on families affected by FASD.
 - <https://www.nofas.org/>
- **MedlinePlus.** MedlinePlus, a website of the U.S. National Library of Medicine, provides easy-to-understand information on health conditions, medicines, lab tests and wellness topics. It is available in English and in Spanish.

- <https://medlineplus.gov/pregnancyandsubstanceabuse.html>
- <https://medlineplus.gov/fetalalcoholspectrumdisorders.html>
- **CDC Information for Women and Families.** These sections of CDC's FASD website provide information, printable handouts, fact sheets, videos and tools for women and families
 - <https://www.cdc.gov/ncbddd/fasd/women.html>
 - <https://www.cdc.gov/ncbddd/fasd/families.html>

Evidence-Based Practices

Preventing FASDs/Reducing the Risk of an Alcohol-Exposed Pregnancy

- **Project CHOICES** is an evidence-based brief counseling intervention to reduce the risk of an alcohol-exposed pregnancy. It is designed for use with non-pregnant women who are at risk of an alcohol-exposed pregnancy (sexually active, drinking above recommended levels, and not using effective birth control). The CDC website provides a complete curriculum including counselor and client workbooks to conduct appropriate screening and brief counseling.
 - <https://www.cdc.gov/ncbddd/fasd/choices-implementing-choices.html>

Diagnosing FASDs

- **Updated Clinical Guidelines for Diagnosing FASDs.** This resource describes methods to assess for FASDs.
 - <http://pediatrics.aappublications.org/content/138/2/e20154256>

Interventions for children affected by FASDs

- **The American Academy of Pediatrics FASD Toolkit** provides information on 6 evidence-based interventions to improve the lives of individuals with FASD.
 - <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/Evidence-Based.aspx>

FASD Awareness Campaigns

September is FASD Awareness Month, and September 9th is International FASD Awareness Day, symbolizing the 9 months of pregnancy. Many national professional organizations, state agencies, and social services programs promote FASD and participate in awareness campaigns. The following sites provide useful resources and materials to include in an awareness campaign.

- **Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)**
 - <https://www.mofas.org/drinking-pregnancy/fasd-prevention/public-awareness-campaigns/>
- **National Organization on Fetal Alcohol Syndrome (NOFAS)**
 - <http://www.nofas.org/fasdmonth/>

Healthy Start EPIC Center Resources on FASD

- **Foundational Webinar Series on FASD** This webinar series provides a basic overview of fetal alcohol spectrum disorders (FASDs), prevention strategies including referral to treatment for pregnant women, and screening and assessment for FASDs in children. Click on the links below for webinar recordings, slides and reference materials.
 - [Addressing Fetal Alcohol Spectrum Disorders in the Context of Healthy Start: What do we need to know? \(Presented live 2/21/17\)](#)
 - [Using SBIRT in Healthy Start: Destigmatizing Addiction and Cultural Considerations \(Presented live 4/13/17\)](#)
 - [Introduction to FASD Screening and Diagnosis \(Presented live 5/25/17\)](#)
 - [What are the Long-term Effects and Impacts of Fetal Alcohol Spectrum disorders \(FASD\) on Individuals and their Families? \(Presented live 9/5/17\)](#)
 - [Ask The Expert: How does prenatal exposure to alcohol, marijuana, opioids and other substances affect maternal and child health outcomes? Presented live 12/12/17\)](#)
- **Evidence-Based Practices Inventory on healthystartepic.org** Use these topic links to view the EPIC Center's evidence-based practices library for related topics.
 - [Alcohol/Drug Services](#)
 - [Depression](#)
 - [Intimate Partner Violence](#)
 - [Risk Assessment](#)