

Families Living with FASD



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National Organization on Fetal Alcohol Syndrome

NOFAS: Prevention & Referral Network

The vision of the **National Organization on Fetal Alcohol Syndrome (NOFAS)** is a global community free of alcohol-exposed pregnancies and a society supportive of individuals already living with Fetal Alcohol Spectrum Disorders (FASD).

NOFAS www.nofas.org

Clearinghouse

- YouTube Videos

◆ 1-800-866-6666



crisis calls & questions

◆ Media Outreach

◆ Training Requests and Curriculum Development & Dissemination

- Students and professionals

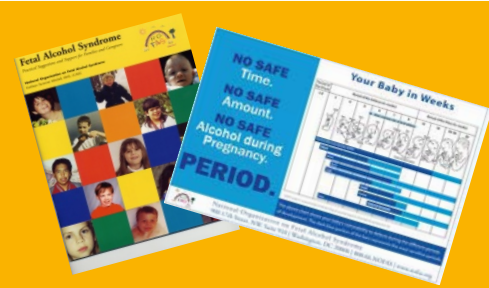
◆ International and State Resource Directory

◆ Policy and Advocacy

N.O.
F.A.S. Weekly Roundup



NOFAS CLEARINGHOUSE



Prevention

- Circle of Hope
- Public Awareness campaigns

FASD materials and publications – including books, posters, DVDs and the **K-12 FASD Prevention Curriculum**

NOFAS Facebook page

Tweet us @NOFAS_USA



A woman with long brown hair, wearing a white bikini, is sitting on a sandy beach. She is looking down and to the left with a sad or thoughtful expression. Her hands are clasped together in her lap. The background is a soft, out-of-focus view of the ocean and sky. The entire image is framed by a blue border with a white grid pattern.

*no woman drinks
because she wants
to hurt her baby.*

U.S. Women 15 to 44 Years of Age by Pregnancy Status: 2009–2010



Pregnant Women %	Nonpregnant Women %
Illicit drug use 4.4	10.9
Alcohol use 10.8	54.7
Binge drinking 3.7	24.6
Cigarette use 16.3	26.7

Binge drinking was higher among women not planning a pregnancy, those who used tobacco, and those with low self-esteem.

Women continuing to drink small amounts of alcohol after pregnancy recognition were more likely to be between the ages of 30–39 years, be Caucasian and use tobacco.

Clin Med Res. 2006 June; 4(2): 97–105.

Unborn are victimized... who's to blame?

Don't ask; Don't Tell

- **Doctors** believe there are no treatment centers for women
- Not their job
- Some believe it's **okay to drink**
- Once an addict always an addict.....**Why bother?**

Women: Denial~ don't think they need help

- Fearful of **prosecution**
- **Stigma**
- Women just don't know ~ Social, cultural and media messages vary





The Scarlet Letter

*She did this to
her on child!!*



NOFAS Circle of Hope Birth Mothers Network

www.nofas.org/coh

Mitchell@nofas.org



- Peer mentoring Support
- Speakers Bureau
- Newsletter
- Annual Meetings
- Private Facebook site for birthmoms

Why did you drink while pregnant?

- I knew I shouldn't use drugs, but I thought drinking was okay. **21.9%**
- Doctor never said I shouldn't drink. **21.9%**
- I was an addict in active addiction. **18.8%**
- Doctor said I should drink. **9.4%**
- I was an addict and ashamed. **9.4%**
- I am an alcoholic, drank before I knew I was pregnant, and stopped when I found out. **6.3%**
- Thought it was ok to drink, just not excessively. **3.1%**
- I was an addict and could not get into treatment. **3.1%**

(COH/NOFAS 2012 n = 92)

“Behold, thou shalt conceive and bear a son: and now drink no wine or strong drinks”

- JUDGES 13:7

“It’s the stories that will create the change. If you want to serve, you need to begin with the stories.” Bill Clinton



1977

Karli, Danny and Erin A Happy Little Hippy Family



Karli age 10 (diagnosed with cerebral palsy)



Making a difference!



The Blessing 100% Alcohol Free!!



**Treatment
Works & Saves
Lives!**

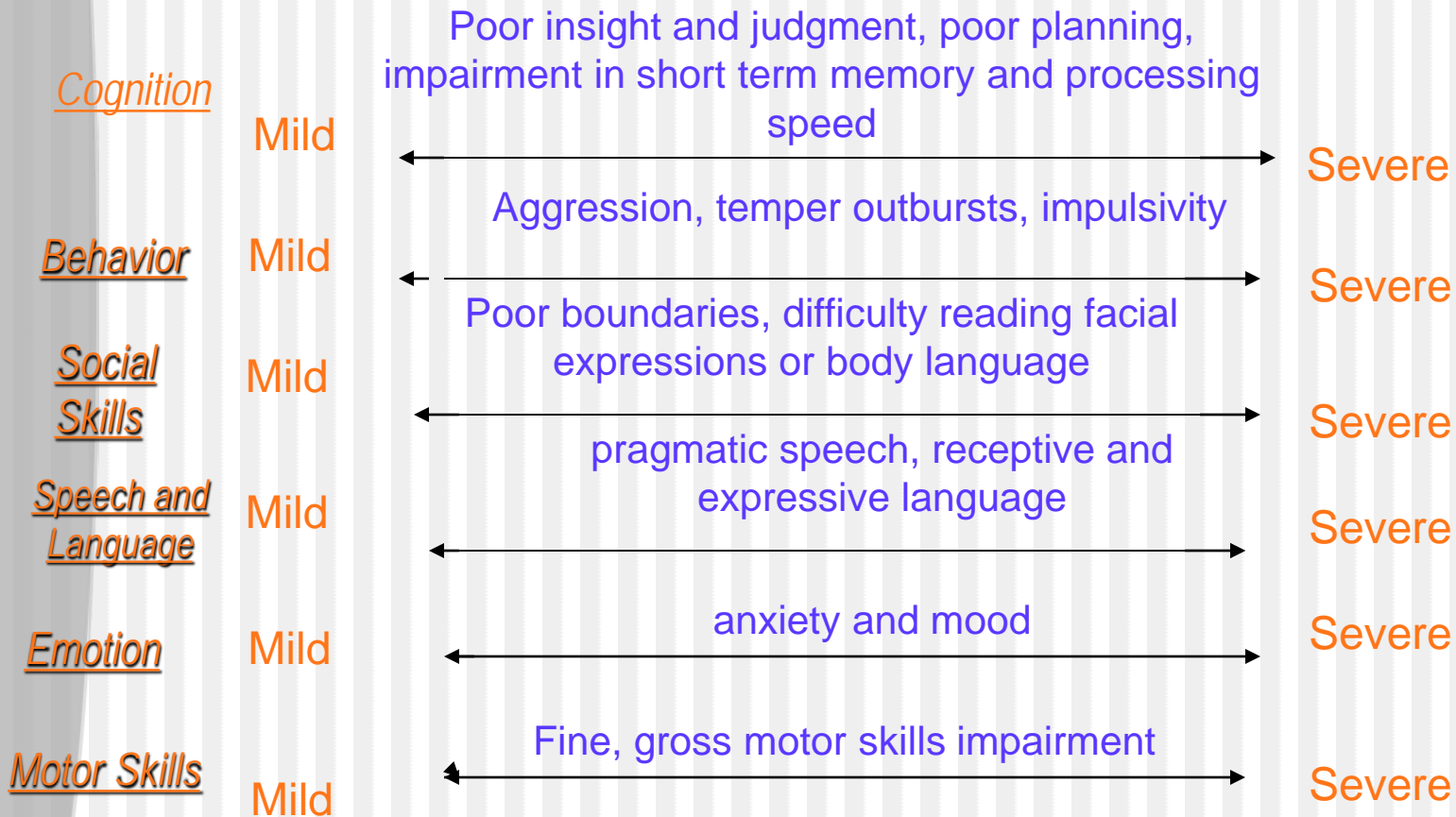
*Provide HOPE for
individuals and
their families....*

Families raising a child with an FASD face many challenges

- Most cases of FASD are never diagnosed. Symptoms of FASD are identified and addressed. But rarely is alcohol identified as the causal factor.
- Few physicians, healthcare professionals, disability professionals, psychologists, therapists, etc. are trained in how to identify FASD.



Cognitive, Behavioral, Emotional and other Problems Can Each Appear Across a Continuum of Severity



Common disorders identified with FASD

- Autism/Aspergers' s Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Borderline Personality Disorder
- Attachment-Bonding Disorder
- Depression
- Learning disability
- Oppositional-Defiant Disorder
- Post Traumatic Stress Disorder (PTSD)
- Receptive-Expressive Language Disorder
- Conduct Disorder

Behavior is not purposeful Paradigm Shift:

- Person with a developmental disability
- Can't not Won't
- Need support (External Brain)

Even with a diagnosis, systems of care aren't educated on FASD

- School systems do not want to provide resources for students that look “just fine”
- Educators are unaware of teaching strategies
- Children with an FASD often don't fit in with their peers-nor do they fit in with children with other

How to Get Involved

- Consider becoming a **NOFAS Affiliate**
- Become a *friend* of **NOFAS**
- Sign up for the Weekly Round Up Newsletter for updates
- Visit Us. Like Us. Follow Us.
 - Go to www.nofas.org
 - Join the **NOFAS Facebook page**
 - Tweet us **@NOFAS_USA**
- Refer women to join the **Circle of Hope**
- **Donate to NOFAS!**

Contact me
ANYTIME!
Thank You!

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