

# PREVENTING, IDENTIFYING & TREATING FETAL ALCOHOL SPECTRUM DISORDERS (FASD)



Funding for this document was made possible (in part) by the Centers for Disease Control and Prevention (CDC). The views expressed in written materials do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

# Overview of CDC Initiative:

**Collaborative for  
Alcohol-Free Pregnancy**



## CDC-funded FASD Practice & Implementation Centers (PICs) and National Partnerships Goals:

- Prevent alcohol-exposed pregnancies
- Promote proper identification/referral for those with FASD
- Strengthen “**research to practice**” linkages through partnerships between PICs and national organizations for:
  - Physicians (Family Medicine, Ob/Gyn, Pediatrics)
  - Nurses, Social Workers, Medical Assistants
- Achieving sustainable **practice-level** and **systems-level** change through an interprofessional, collaborative model
- <https://nccd.cdc.gov/FASD/>

# A SOCIAL WORKER'S ROLE RELATED TO FASD

---

## Part V

# Learning Objectives

- I. **Recognize** why FASD matters to social workers
- II. **Learn how** social workers can prevent alcohol-exposed pregnancies
- III. **Learn how** to intervene with individuals living with FASDs.

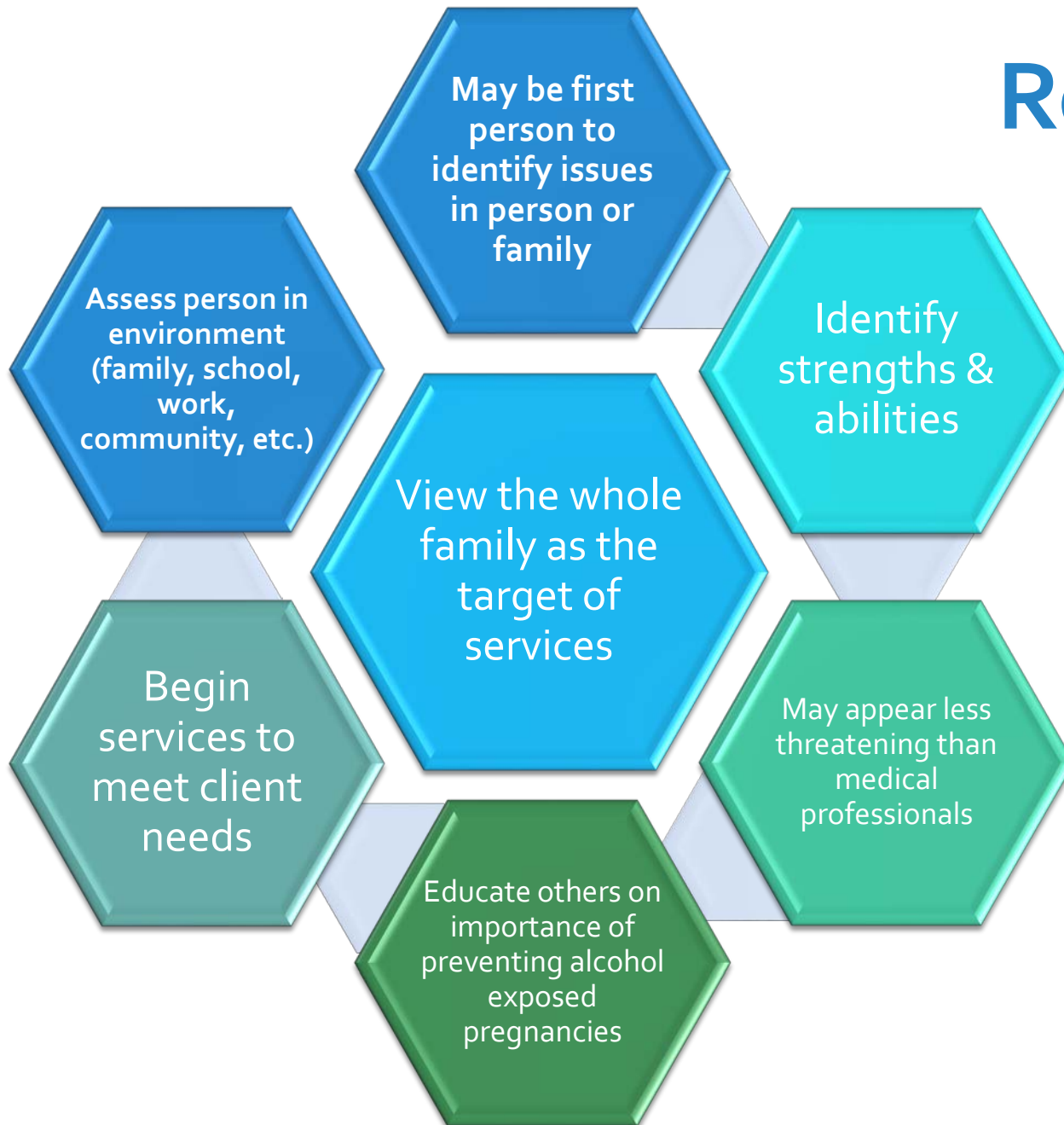
# Why Does FASD Matter to Social Workers?

- New models of health care are expanding the role of the social worker in health-related practice settings:
  - Integrated care, Interprofessional teams, Patient/Client-centered Medical Homes, Accountable Care Organizations
- Social workers are well positioned and well trained to deliver screening and behavioral health interventions.
- Social workers practice in a range of settings reaching women at risk of alcohol-exposed pregnancy, as well as families, children, and adults affected by FASD.

# What can a social worker do?

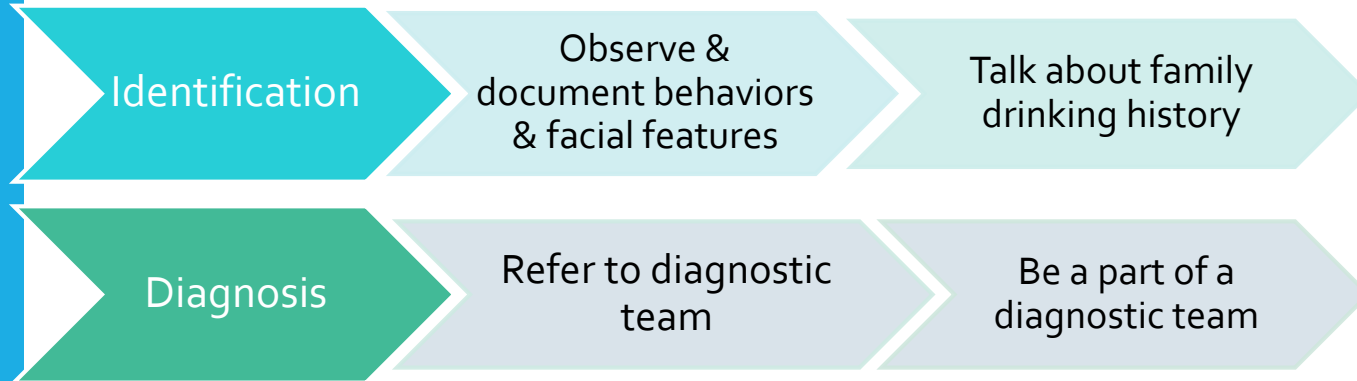
- Practice appropriate use of language
- Incorporate routine alcohol screening into office & home visits, when appropriate
- When working with families, including individuals with an FASD, **accentuate the person's individual strengths** and capacities, as opposed to disability
- Establish an **effective referral process** for individuals who receive a FASD diagnosis.
- Provide **evidence-based, up-to-date, and culturally & linguistically sensitive** FASD prevention materials

# Role of Social Work in FASD



Social workers can educate others on the impact of FASD on caring for individuals and families

# The Role of Social Work in FASD - Assessment



## Assessment:

- Ask about prenatal alcohol use
- Discuss bio-psychosocial family and child needs
- Screen for mental/behavioral health issues
- Assess alcohol issues in family
- Assess all concerns of the family, such as insurance

## Collect and review collateral information:

- Preschool records
- Educational records/assessments (EI)
- Medical Records



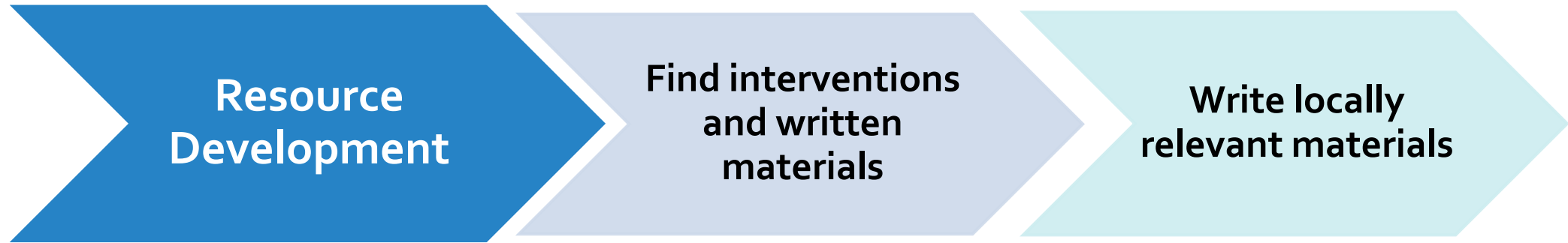
# Case Management Planning

## Transition Planning Should:

- Begin early, as early as the intake
- Be individualized and culturally sensitive
- Have continual ongoing re-assessment and re-evaluations
- Honor the person and family's goals, preferences, observations, and concerns
- Identify and answer the individual's or family questions or concerns, using simple, literal language
- Identify resources & supports in that are in place and those needed for the transitions, particularly as children age into adulthood.  
FASD impacts the individual



# Resource Development



- Become knowledgeable about where to find reliable resources, then direct people to those materials or distribute the materials directly

- Information dissemination is a way to increase awareness and knowledge
- In some cases, you may want to adapt materials for local settings and programs

# Resource Identification And Development Weblinks

- American Academy of Pediatricians (AAP): [www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/default.aspx](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/default.aspx)
- American Congress of Obstetricians and Gynecologists: [http://www.acog.org/About\\_ACOG/ACOG\\_Districts/District\\_II/Fetal\\_Alcohol\\_Spectrum\\_Disorders](http://www.acog.org/About_ACOG/ACOG_Districts/District_II/Fetal_Alcohol_Spectrum_Disorders)
- Centers for Disease Control and Prevention: [www.cdc.gov/ncbddd/fasd/](http://www.cdc.gov/ncbddd/fasd/)

# Resource Identification And Development Weblinks

- FAS Community Resource Center: [www.come-over.to/FASCRC](http://www.come-over.to/FASCRC) (site for families)
- National Institute on Alcohol Abuse and Alcoholism (NIAAA):  
[www.niaaa.nih.gov/research/major-initiatives/fetal-alcohol-spectrum-disorders](http://www.niaaa.nih.gov/research/major-initiatives/fetal-alcohol-spectrum-disorders)
- NOFAS Resources: [www.nofas.org/resources](http://www.nofas.org/resources) and [www.nofas.org/resource-directory](http://www.nofas.org/resource-directory)
- SAMHSA: [fasdcenter.samhsa.gov](http://fasdcenter.samhsa.gov)

# Finding or Building Networks of Support for Persons with FASD



- Look for an existing network to join
- If you don't find the desired network, you may be the person to start the collaboration

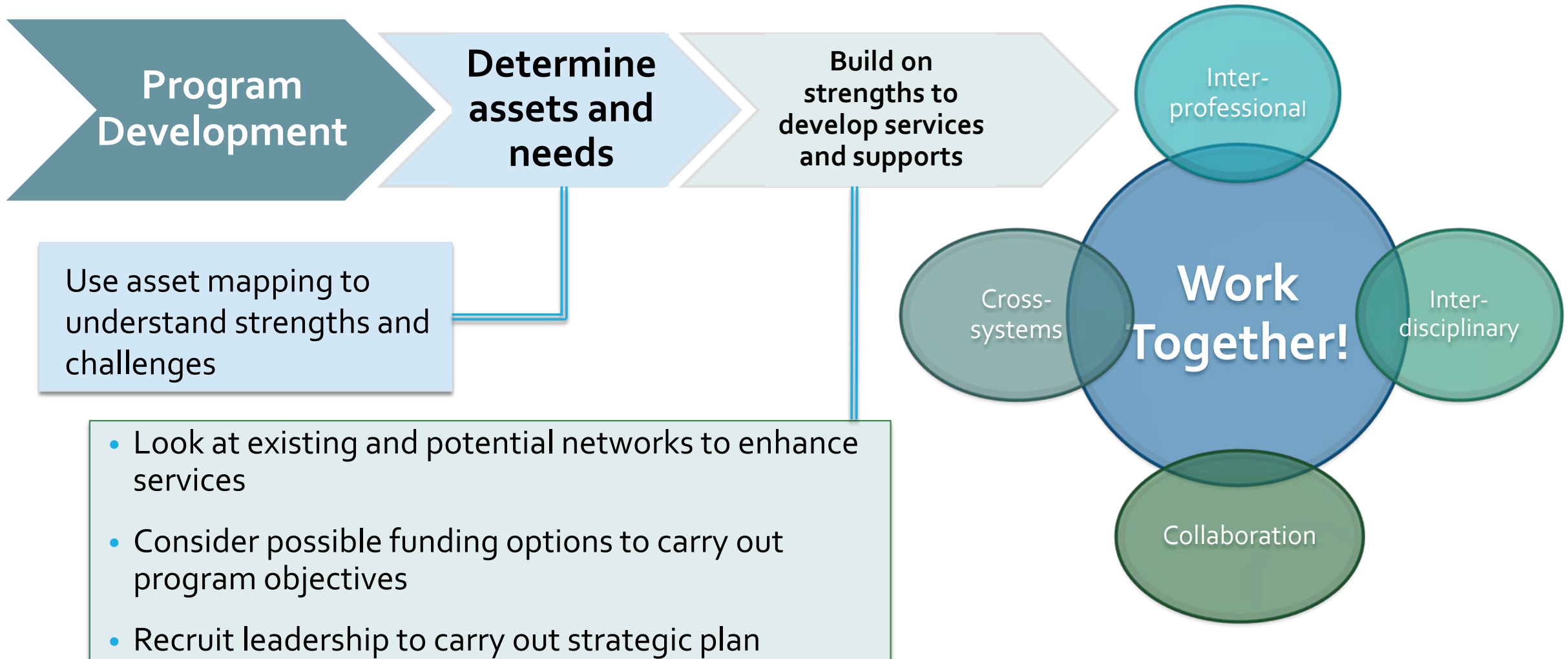
# Network Building through Agencies Involved with FAS

- Adult Protective Services: [www.napsa-now.org/get-help/help-in-your-area](http://www.napsa-now.org/get-help/help-in-your-area)
- Developmental Disabilities Provider Organizations: [www.addp.org/](http://www.addp.org/)
- Early Identification (Part C for 0-3 y/o): [ectacenter.org/contact/ptccoord.asp](http://ectacenter.org/contact/ptccoord.asp)
- Easter Seals: [www.easterseals.com/connect-locally](http://www.easterseals.com/connect-locally)
- IDEA Section 619 (3-5 y/o): [ectacenter.org/contact/619coord.asp](http://ectacenter.org/contact/619coord.asp)

# Network Building through Agencies Involved with FAS

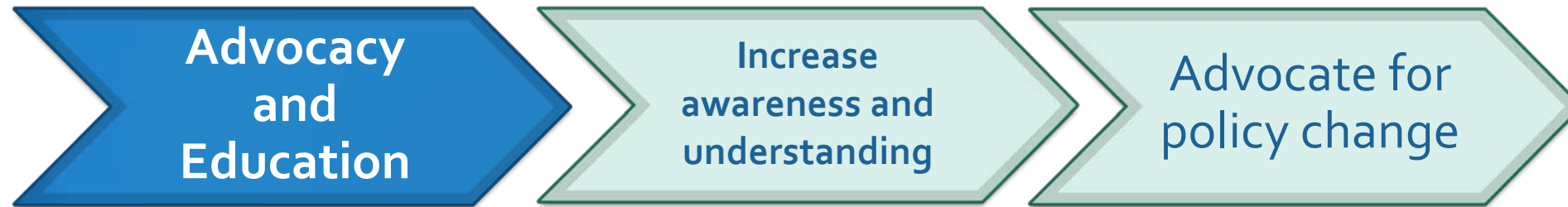
- March of Dimes: [www.marchofdimes.org/chapter\\_view\\_all.asp](http://www.marchofdimes.org/chapter_view_all.asp)
- National Alliance on Mental Illness (NAMI): [www.nami.org/About-NAMI](http://www.nami.org/About-NAMI)
- NOFAS: <http://www.nofas.org/affiliates>; <http://www.nofas.org/resource-directory>
- State Developmental Disabilities Agency: [www.nasdds.org/state-agencies](http://www.nasdds.org/state-agencies)
- Title V: [www.amchp.org/Policy-Advocacy/MCHAdvocacy/Pages/StateProfiles.aspx](http://www.amchp.org/Policy-Advocacy/MCHAdvocacy/Pages/StateProfiles.aspx)
- The Arc: [www.thearc.org/find-a-chapter](http://www.thearc.org/find-a-chapter)
- Association of University Centers on Disabilities: [www.aucd.org](http://www.aucd.org)

# Creating Programs to Prevent FASD or to Support Persons with FASD





# Educating About FASD Prevention and Advocating for Policies to Support Persons with FASD



## Depending on your role and your relationships:

- Educate clinicians
- Educate policy makers
- Remember that policies can be as important as laws
- Focus on state agencies and service providers
- Educate local, state, and federal elected officials about the realities and costs of FASDs

### Allies for Advocacy and Education

- Disability Rights: [www.ndrn.org/en/ndrn-member-agencies.html](http://www.ndrn.org/en/ndrn-member-agencies.html)
- Family to Family Health Information Centers: [www.familyvoices.org/page?id=0052](http://www.familyvoices.org/page?id=0052)
- Legal Services Corporation: [www.lsc.gov/find-legal-aid](http://www.lsc.gov/find-legal-aid)
- Parent Training and Information Centers (PTI): [www.parentcenterhub.org/find-your-center](http://www.parentcenterhub.org/find-your-center)

# Conclusion

- FASD significantly impacts ways in which a social worker engages with clients and it is important for social workers to have a comprehensive understanding of FASD
- Social work is ideally situated to be a significant provider and support system for a person with FASD, throughout their lifespan, and their caregivers.
- Correctly recognizing and addressing FASD (in terms of both prevention and treatment) can reduce long term costs and improve outcomes for the individual, family, agency, and system (Dubovsky, 2014)

# TAKE HOME MESSAGES

- FASDs are 100% preventable. Interventions can reduce AEPs
- There is no cure for an FASD — it is lifelong.
- FASD affects individuals, families, communities, and systems.
- FASD is often a “hidden” disability.
  - *Opportunities for identification and intervention may be missed.*
- Individuals with FASDs can be very successful with the proper recognition and support.





### Alcohol SBI Training for the Healthcare Professional

[course\_complete] You have successfully completed this course! Scroll to the Bottom to Print Your Completion Certificate View Your Learning Record [/course\_complete] This course has been designed for the healthcare professional in the provision of alcohol education, screening, and brief intervention (SBI) sometimes also referred to as SBIRT when referral to treatment is included, in the [...]



### Alcohol SBI Training for the Physician Assistant

[course\_complete] You have successfully completed this course! Click the button above



MORE COURSES >



Catalyst Learning Center is a digital **learning** environment, **centered** on the learner, that aims to serve as a **catalyst** for change in the way that each learner approaches health and care delivery.

- [www.catalystlearningcenter.com](http://www.catalystlearningcenter.com)

# Acknowledgements

**A special thank you to the collaborative partners who helped create this presentation:**

- Leigh Tenkku Lepper, PhD, MPH  
University of Missouri – Columbia
- Susan Aduato, PhD  
Rutgers University -Center of Alcohol Studies
- Mary DeJoseph, DO  
Rutgers University -Center of Alcohol Studies
- David Deere, MSW, MTh  
*Arkansas's University Center for Excellence in  
Developmental Disabilities (UCEDD)]*
- Lara Oakley, MSW, MPH  
University of Missouri – Columbia
- Wes Jones, PhD  
Flint Hills Consulting
- Dan Dubovsky, MSW  
FASD Specialist