

**Youth & FASD Workgroup**  
**Alaska FASD Partnership - MINUTES**  
**July 6, 2012**

- I. **Introductions:** Aaron Clements (Care Coordinator, Co-Occurring Disorders Institute-CODI, Mat-Su); Melody Price-Yonts (Director of Behavioral Health, Southeast Alaska Regional Health Corporation-SEARHC, Sitka); Gayle Perez (Family Outpatient Counselor, Juneau Youth Services, Juneau); Art Delaune (Access Alaska, Fairbanks); Laurie Cooper (Developmental Disabilities Grants Manager, Senior & Disabilities Services/DHSS); Aimee Roland (Director of Care Management Services, Denali Family Services, Mat-Su); Pat Cochran (Parent of youth with FASD); Lisa Morley (Seniors & Disabilities Services/DHSS); Angel Gonzales (youth advocate, Alaska Youth & Family Network); Rusty Best (youth advocate, Alaska Youth & Family Network), Brittany Arey (youth advocate, Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse, Juneau), Teri Tibbett (advocacy coordinator, Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse, Juneau).
  
- II. **Workgroup organization and set a regular meeting:** 1<sup>st</sup> Fridays at 3pm.
  
- III. **Why are you interested in youth and FASD issues and what needs attention?**
  - a. Gayle Perez – Has youth on caseloads at 4 locations. Wants to learn how to work with youth; wants successful interventions.
  - b. Aimee Roland – Increase in population of youth with FASD, has interventions and advance knowledge (past FASD 101).
  - c. Laurie Cooper – Echo above. Need services, tools, resources, through grants and waiver.
  - d. Pat Cochran – Parent of an 18 year old with FASD, also worked in the field for 20 years. Frustrated with what's available for services – not enough. Thought she knew what FASD was, but didn't really until she adopted her son. Need more than FAS 101 and 201. Need interventions. Number 1 issue – need concrete vs. abstract, need to check for understanding all the time. Need people who specialize in FASD services!! Need programs for people who turn 18. They're not really 18 in maturity. They really need a place to go and get services.
  - e. Art – High percentage of people with FASD and they're not eligible for DD services. Invisible disability. Mental Health Professionals don't have more information on FASD and secondary trauma.
  - f. Melody - Mandatory training for professionals. Set up a community-wide campaign to advance FASD awareness at local level. Develop webpage, list resources by community. End stigma – anyone can have an FASD.
  - g. Outpatient treatment (w/o having to go to institutional care).
  
- IV. **What would you like to know more about youth and FASD, guest speaker topics?**
  - a. Diane Malbin – FASD Into Action
  - b. Dev Evensen – FASD Consultant
  - c. Cindy Andersen – Anchorage School District
  - d. Secondary Disabilities/ Co-Occurring Disorders
  - e. Dan Dubovsky – National Office on Fetal Alcohol Syndrome (NOFAS)
  - f. Texas Neuro-Resource Center

**V. Brainstorm ideas for workgroup goals/action:**

1. FASD presentations to youth and adults at youth facilities – backed up with brochures and simple information to distribute.
2. Research and promote programs in schools to educate teens about FASD.
3. Pregnancy tests with warnings about drinking during pregnancy.
4. Recruit qualified mentors for youth currently on FASD Waiver (collaborate with Alaska Peer Support Consortium?).
5. Create a “Youth Section” for an Alaska FASD Resource Directory that lists programs and services that serve youth with FASD and their families. Services such as respite, case management, housing and employment support, treatment, mentorship, etc. Can include additional information about FASD, solutions, personal stories, and articles specific to youth with FASD.
6. Research and identify FASD training that offers a hands-on approach, with interventions and better understanding of how to work with people who have an FASD. Need promising or best practices.
7. Project to raise awareness to young women about drinking during pregnancy.
8. Have a booth at AFN (Alaska Federation of Natives) to get info out to Native Alaskans.
9. Get the FASD Partnership up on Facebook.
10. Hands-on presentations (youth to youth) about FASD.
11. Get information to clinics that serve pregnant women (birth centers, Planned Parenthood, obstetricians, public health centers).
12. Set up a Youth FASD support group (FASD Anonymous?).

**VI. Actions to take:**

Angel, Brittany, Rusty will get advanced FASD training in FASD 101-201 and “FASD Into Action” – so they are knowledgeable about how the brain functions and is damaged by prenatal alcohol exposure, when they are serving as peers/mentor, or staffing booths and exhibit tables, etc. Develop ability to be ambassadors for spreading the word about what is FASD and how to deal with it.

**VII. Next meeting:** Friday, August 10, 2012 at 3:00pm.