

**Youth & FASD Workgroup  
Alaska FASD Partnership  
Friday, Sept. 7, 2012**

**I. Present:** Brittany Arey, Angel Gonzales, Jennifer Jones, Stephanie McPeeks, Sarah Walters, John Hays, Gayle Young, Teri Tibbett, Rusty Best.

**II. Approval of the Agenda.** Approved.

**III. Approval of 8/10/12 Minutes.** Approved

**IV. Guest Speaker.** John Hays from [www.hayskids.org](http://www.hayskids.org)

- Priorities are good and important to figure out and work on.
- Brochures are great because they help others understand what is going on with them and be relieved. It's extremely important for kids to understand that they are not bad kids (just have organic brain damage) and we have to explain it to them. Understanding what is going on with us begins the healing process and life starts to come together. That doesn't mean that they are instantly healed, but now they can get the help that they need.
- Read about the brain shift.
- Write a note and put it on the wall and it will help.
- Delayed parenting – not dealing with things right when they happen, but later. Support not consequences. May sometimes look like a consequence, but it's not.
- We have to get parents to understand that it is not a behavior problem, but a disability.
- Service providers have to stop blaming the kids and parents. It's not going to help. They need to understand that behavior problems are part of the disability. Young people need supports to get things done (i.e. filling out paperwork, being reminded, etc.). They need to think outside of the box and do things outside of their training.

Gayle commented on the importance of talking to young people who are diagnosed about their diagnosis and how they do better when they understand what is going on with them.

John went over some of the resources on his website:

- Pathways to Hope – Has recently started PowerPoint presentations with audio and written exercises so people can see the PowerPoint and not miss anything. Things for people to think about while they are going through the process.
- With FASD, some people may not ever get the diagnosis because the mother won't admit to drinking.
- Parenting techniques are offered on the website.
- Fetal alcohol workbook – Preparing for your future – is a resource.
- Pathways to Understanding
- Raising kids with FASD
- Looking at diet and exercise
- Wheel to success – Radical Approach
- Academics – beyond education – life skills, executive functioning
- Relationships
- Values

## V. Trainings

- FASD 101 & FASD 201 & “FASD Into Action” are available all throughout Alaska. Go to the Trust Training Cooperative website: [www.ttclms.org](http://www.ttclms.org) (click on FASD left column), or contact [genevieve.casey@alaska.gov](mailto:genevieve.casey@alaska.gov) for information.

## VI. Vote on top three priorities for workgroup action:

- FASD presentations to youth and adults at youth facilities – backed up with brochures and simple information to distribute.
- Research and promote programs in schools to educate teens about FASD. **Angel, Stephanie, Rusty**
- Pregnancy tests with warnings about drinking during pregnancy.
- Recruit qualified mentors for youth currently on FASD Waiver (collaborate with Alaska Peer Support Consortium?).
- 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.
- 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. **Angel, Rusty, Jennifer**
- Project to raise awareness to young women about drinking during pregnancy.
- Have a booth at AFN (Alaska Federation of Natives) to get info out to Native Alaskans. **Brittany**
- Get the FASD Partnership up on Facebook.
- Hands-on presentations (youth to youth) about FASD. **Angel, Stephanie**
- Get information to clinics that serve pregnant women (birth centers, Planned Parenthood, obstetricians, public health centers). **Stephanie, Jennifer**
- Set up a Youth FASD support group (FASD Anonymous?). **Brittany**

The list will be sent out again to everyone who signed up for the workgroup to be voted on. At the next meeting, we will talk about which priorities are the top three.

## VII. Announcements

- Rusty announced there is a FASD 101 Sept 26<sup>th</sup> and FASD 201 the beginning of October FASD 201 in Anchorage. He will send out an e-mail with more information.

**VIII. Next meeting:** November 2, 2012 from 3:00 – 4:00pm.